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FOOD FOR FIFTY



Compiled by

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Second Edition

NEW YORK
JOHN WILEY & SONS, INC
LONDON CHAPMAN & HALL LIMITED

IN THE REPRINTING OF THIS BOOK THE RECOMMENDATIONS OF THE WAR PRODUCTION BOARD HAVE BEEN OBSERVED FOR THE CONSERVATION OF PAPER AND OTHER IMPORTANT WAR MATERIALS THE CONTENT REMAINS COMPLETE AND UNABRIDGED

6/43

Printed in the U S A

FOREWORD TO THE SECOND EDITION

During the four years since the initial publication of Food for Fifty, it has been widely accepted as an aid to instruction in large quantity cookery classes Its services have also been in demand by home economics teachers called upon to assume the responsibility of special community meals and school lunches by dietitians in hospitals residence halls and related food services by those in charge of fraternity and sorority dining rooms and by managers of commercial food services

In this revision the purpose of the book, as stated in the original foreword, remains unchanged, namely to provide a limited number of carefully tested institutional formulae for use in food services and in institutional cookery classes The organization of subject matter likewise remains unchanged However, under this organization amplification of subject matter and recipes has been made, adding to the value and effectiveness of the book

Indebtedness incurred in the initial preparation of the manuscript was duly acknowledged in the first edition At this time we wish to express appreciation of the continued generous and able assistance of staffs of the Departments of Food Economics and Nutrition and Institutional Management Kansas State College, which has facilitated greatly the preparation of this revision

SINA FAYE FOWLER
BESSIE BROOKS WEST

MANHATTAN, KANSAS
April, 1941

FOREWORD TO THE FIRST EDITION

Every director of an institutional food service, regardless of how large or how small has felt the need for an adequate manual in institutional cookery The problems involved in institutional food service and the quantities in which food must be prepared make the familiar and reliable household recipes of little value The pressure of duties often, if not usually, prevents the food director from undertaking that experimentation necessary to the translation of such recipes into institutional formulae, thus limiting variety in the menus to those dishes for which quantity recipes are at hand If instruction in quantity food preparation is also her responsibility, the problem is doubly complicated inasmuch as the time of both teacher and student is too valuable to be wasted in dictating or copying recipes or in searching for those distributed in an impermanent form The only satisfactory basis for laboratory instruction in this field seems to the authors to be the provision of institutional formulae in permanent form

It is the purpose of this book to provide a limited number of carefully tested institutional formulae for use in food services and in institutional cookery classes The book is planned primarily to supplement the textbook Food Service in Institutions, to be published by John Wiley and Sons Inc However, the authors hope that it may also meet the needs of those actively engaged in food services other than in colleges

These recipes have been carefully tested under usual institutional conditions, having been used with satisfaction in such food services as residence halls for men and women students high school cafeterias college cafeterias, and state institutions

In addition to the food formulae suggestions are given concerning meal planning and services including special occasions There is also given in detail a table of equivalent weights and measures of common foods and a list of amounts of various foods to serve fifty persons

Acknowledgment is made of our indebtedness to all those whose

work and publications have facilitated indirectly the preparation of this manuscript Their names are too numerous to cite Special acknowledgment is due the Committee on Foreign Foods of the Social Club of Kansas State College for their assistance in the collection of foreign recipes

It is a pleasure to express our thanks to Dean Margaret Justin to our colleagues, to both students and graduates at Kansas State College who have been generous in their interest and help, and to co workers in the institutional field who have given liberally from the wealth of their experience both information and courage for the task To these our efforts are dedicated

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Sina Faye Fowler
Bessie Brooks West

Manhattan, Kansas
May, 1937

CONTENTS

Food for Fifty

PART I

TABLE OF WEIGHTS MEASURES AND THEIR ABBREVIATIONS

Abbreviations		Equivalent		
f g	Few Grains			
t	Teaspoon	3 t	equals	1 T
T	Tablespoon	16 T		1 c
c	Cup	2 c		1 pt
pt	Pint	2 pt		1 qt
qt	Quart	4 qt		1 gal
pk	Peck			
bu	Bushel	4 pk		1 bu
gm	Gram			
oz	Ounce	28 35 gm		1 oz
lb	Pound	16 oz		1 lb or 453 6 gm
kg	Kilogram	2 2 lb		1 kg

CONTENT OF COMMON SIZES OF CANS USED FOR FOOD PRODUCTS

Cans	Average Net Weight	Average Cupfuls
8 Z	8 oz	1
Picnic (No 1 Eastern)	11 oz	1⅓
No 1 Tall	16 oz	2
No 300	15 oz	1¾
No 2	20 oz	2½
No 2½	28 oz	3½
No 3	33 oz	4
No 10	6 lb 10 oz	13

Note Many products are now marketed in cans not of a common size their content being determined by weight only The weight of the same food in cans of equal size will vary with the pack in different canneries

APPROXIMATE EQUIVALENTS

Thickening Agents

1 oz flour is equivalent to 3½ whole eggs
1 oz flour is equivalent to 7 egg yolks
1 oz flour is equivalent to 1 1/3 oz minute tapioca
1 oz flour is equivalent to ¾ oz bread crumbs

Shortening Agents

1 lb butter is equivalent to 1 lb margarine
1 lb butter is equivalent to 4/5 lb hydrogenated shortening
1 lb butter is equivalent to 4/5 lb lard
1 lb butter is equivalent to 4/5 lb oils
1 lb butter is equivalent to 7/8 lb chicken fat
1 c butter is equivalent to 2½ c 40% cream
1 c butter is equivalent to 5 c 20% cream

Leavening Agents

½ t soda is equivalent to 2 t baking powder
½ t baking powder is equivalent to 1 egg white

Milk and Cream

1 c milk is equivalent to 7/8 c water
1 c milk is equivalent to ¼ c dried whole milk + 1 c water
1 c milk is equivalent to ½ c evaporated milk + ½ c water
1 c coffee cream is equivalent to 4/5 c milk + 1/5 c fat
1 c heavy cream is equivalent to 3/5 c milk + 2/5 c fat

Chocolate and Cocoa

1 oz chocolate is equivalent to 3 T cocoa + 1 T fat

Note If sweet milk is substituted for sour (no chocolate or molasses in recipe) multiply amount of soda called for in recipe by 4 and add this amount of baking powder to the baking powder in original recipe Omit soda

PROPORTIONS

Beverages

1 lb coffee to 2½ to 3 gal water
3 oz tea to 2½ to 3 gal water
8 to 10 oz cocoa to 2½ to 3 gal liquid

Seasonings

1 to 2 t salt to 1 lb flour
1¼ t salt to 1 lb meat
2 t salt to 1 qt water (cereal)

Leavening Agents

2 to 2⅔ T tartrate or phosphate (quick acting baking powder) to 1 lb flour
1½ to 2 T slow acting (S A S or combination) to 1 lb flour
2 t soda to 1 qt sour milk or molasses
½ to 1 compressed yeast cake to 1 lb flour (varies with ingredients and time allowed)

Thickening Agents

Egg

4 to 6 eggs to 1 qt milk
8 to 12 egg yolks to 1 qt milk
8 to 12 egg whites to 1 qt milk

Flour

1 oz flour to 1 qt liquid—very thin sauce (cream soups starchy vegetables)
2 oz flour to 1 qt liquid—thin sauce (cream soups non starchy vegetables)
2⅔ oz flour to 1 qt liquid—medium sauce (creamed dishes gravy)
3 oz flour to 1 qt liquid—thick sauce (souffles)
4 to 5 oz flour to 1 qt liquid—very thick sauce (croquettes)
1 lb flour to 1 qt liquid—pour batter (popovers)
2 lb flour to 1 qt liquid—drop batter (cake muffins)
3 lb flour to 1 qt liquid—soft dough (biscuit rolls)
4 lb flour to 1 qt liquid—stiff dough (pastry cookies, noodles)

Gelatin

2 T to 1 qt liquid—plain jellies (gelatin and fruit juices)
2 T to 1 qt liquid—whips (gelatin and fruit juices whipped)
3 T to 1 qt liquid—fruit jellies (gelatin fruit juices and chopped fruit)
3 T to 1 qt liquid—vegetable jellies (gelatin and liquid and chopped vegetables)
3 T to 1 qt liquid—sponges (gelatin and fruit juices and beaten egg whites)
4 T to 1 qt liquid—Bavarian Cream (gelatin and fruit juice and fruit pulp and whipped cream)

VOLUMETRIC MILK CONVERSION TABLE*

Skim Milk

To Replace	*Use*
1 gal liquid skim milk	3/4 lb dry skim milk 7 3/4 pt water
1 lb liquid skim milk	1 1/2 oz dry skim milk 14 1/2 oz water
1 lb evaporated skim milk un sweetened condensed (Government Standard)	3 1/4 oz dry skim milk 12 3/4 oz water
1 lb sweetened condensed skim milk (Government Standard)	4 oz dry skim milk 7 oz sugar 5 oz water

Whole Milk

To Replace	*Use*
1 gal liquid whole milk	1 lb dry whole milk 7 1/2 pt water
1 lb liquid whole milk	2 oz dry whole milk 14 oz water
1 lb sweetened condensed whole milk (Government Standard)	4 1/2 oz dry whole milk 6 1/2 oz sugar 5 oz water

* *Courtesy of Borden's*

TABLE OF EQUIVALENTS
BUYERS GUIDE AND COOKING TIME

Product	Description	Size	Birdseye Cooking Time		Fresh Equivalents	Number Portions*
			Regular	Pressure Steam		
Vegetables						
Asp Tips	5" Select—A 155 tips	40 oz	14 min	10 min	3 bunches	16–20
Asp Tips	5" Medium—A 100 tips	40 oz	14 min	10 min	3 bunches	16–20
Asp Tips	5" Jumbo—A 60 tips	40 oz	14 min	10 min	3 bunches	16–20
Asp Cuts	All green	40 oz	14 min	10 min		*
Asp Cuts	All green	5 oz				*
Broccoli	Tender green	40 oz	18 min	20 min	3 bunches	16–20
Broccoli	Tender green (B C)	40 oz	18 min	20 min	3 bunches	16–20
Brus Sprouts	Close trimmed	40 oz	8 min	10 min	3 qt	16–20
Cauliflower	Trimmed flowerets only	40 oz	10 min	12 min	4 heads	16–20
Corn-on-Cob	Full ears Golden Bantam	2 ears	3 min	3 min	3 ears	2
Cut Corn	Whole kernel—G Bantam	40 oz	5 min	11 min	20 ears	20–24
Cut Corn	Whole kernel—C Gent	40 oz	5 min	11 min	20 ears	20–24
Green Beans	1–2" cut	40 oz	16 min	18 min	3 lb	20–24
Green Beans	1–2 cut	5 lb			6 lb	40–48
Green Beans	French style cut	40 oz	16 min	18 min	3 lb	20–24
Green Beans	Asparagus style whole	40 oz	16 min	18 min	3 lb	20–24
Green Beans	1 cut	5 lb			6 lb	40–48
Wax Beans	1–2 cut	40 oz	16 min	18 min	3 lb	20–24
Lima Beans	Baby green	40 oz	20 min	25 min	⅓ bu	20–24
Lima Beans	Baby green	5 lb			⅔ bu	40–48
Lima Beans	Garden run	40 oz	20 min	25 min	⅓ bu	20–24
Lima Beans	Garden run	5 lb			⅔ bu	40–48
Lima Beans	Fordhook	40 oz				20–24
Lima Beans	White	5 lb			⅔ bu	40–48
Peas	Shelled green	40 oz	12 min	25 min	⅓ bu	20–24
Peas	Shelled green	5 lb			⅔ bu	40–48
Peas	Shelled green (B C)	5 lb			⅔ bu	40–48
Peas and Carrots	Carrots diced	5 lb				40–48
Spinach	No sand or stalks	40 oz	12 min	20 min	⅓ bu	16–20
Squash	Cooked or pureed	40 oz	7 min	10 min		5
Fruits and Berries						
Blueberries	Fancy selected	40 oz				20–24
Peaches	Sliced sugared	40 oz				16–20
Peaches	Sliced sugared	10 lb				64–80
Raspberries	Full ripe—whole—no sugar	40 oz				16–20
Rhubarb	1" cut—strawberry variety	40 oz				16–20
Strawberries	Sliced sugared	40 oz				20–24
Strawberries	Sliced sugared	10 lb				80–96
Strawberries	Selected—whole—no sugar	10 oz				For toppings

Courtesy Frosted Food Sales Corporation

* Servings vary depending upon use of product

PECONSTRUCTED DRIED SKIM MILK

Amount		Ingredient	Method
	12 oz	Dried skim milk powder	Put water in bowl of electric mixer Turn to low speed sprinkle milk powder slowly on water and continue to mix at low speed until milk powder is completely mixed
1 gal		Water	

Note Use as skim milk

DRIED AND FROZEN EGGS
TABLE OF WEIGHTS AND THEIR EQUIVALENTS IN MEASURE

Dried Eggs			Frozen Eggs	
Number of Eggs	Weight of Fresh Eggs	Dried Weight	Number of Eggs Fresh or Frozen	Liquid
	pound	pound		pound or pint
39 (whole)	3⅓	1	9 to 11 (whole)	1
70 (whites)	7	1	17 to 20 (whites)	1
48 (yolks)	2	1	19 to 22 (yolks)	1

APPROXIMATE OR AVERAGE WEIGHTS OF VARIOUS COMMODITIES (continued)

Commodity	Unit	Net Weight in Pounds
Lard	Tierce	375
Lemons, California	Box	76
Lentils	Bu	60
Lettuce western	Crate	75
Onions dry	Bu	54
Oranges, California	Box	70
Oranges, Florida	Box	90
Parsnips	Bu	50
Peaches fresh	Bu	48
Peaches western	Box	20
Peanuts unshelled	Bu	22 to
Pears fresh	Bu	50
Pears western	Box	46
Pears, western	Crate (4½x16x16⅛ in)	22
Peas, dry	Bu	60
Peas, fresh, unshelled	Bu	30
Peppers	Bu	25
Pineapples	Crate	70
Plums, fresh	Bu	56
Plums N W suitcase	Box	16
Plums, western	Box	20
Potatoes Irish	Bu	60
Prunes fresh	Bu	56
Prunes N W suitcase	Box	16
Prunes western	Box	20
Quinces	Bu	48
Raspberries	24-qt Crate	36
Rutabagas	Bu	56
Soy beans	Bu	60
Spinach	Bu	18
Strawberries	24-qt Crate	36
Sweet potatoes	Bu (usual wt when harvested)	55
Tangerines Florida	½ Strap	40
Tomatoes	Bu	53
Tomatoes	Lug box	31
Turnips	Bu	54

* Adapted from Approximate or Average Weights of Various Commodities U S Dept Agr Bureau of Agr Econ Jan 1935 revised list

MENU TERMS[1]

À la À le (ah lah ah luh) Fr To the with in the mode or fashion of or in À la Crème with cream À la Newburg Newburg fashion À la Moutarde in mustard

À la Carte On the bill of fare prepared as ordered

A la King Served in cream sauce containing green pepper pimiento and mushrooms

A la Mode In America when applied to desserts means with ice cream

Allemande (al mangd) Fr Ger A smooth yellow sauce consisting of white sauce with the addition of butter egg yolk catsup etc

Anglaise (ang glayz) Fr Eng À la Anglaise in English style

Antipasti (an tee pas tee) It Appetizer a course consisting of relishes

Au (o) Fr Contraction of à le or à la to the

Bardé (bar day) Fr Larded Covered with salt pork or with slices of bacon Un Poulet Bardé de Lard a pullet larded with bacon

Bar Le Duc (bar luh duk) Fr A preserve originally made of selected whole white currants seeded by hand with the aid of knitting needles Now gooseberries strawberries etc may be used It frequently forms a part of the cheese course

Bavarian A gelatin dish into which whipped cream is folded as it begins to stiffen

Bavarois (bav ar waz) Fr Bavarian

Béchamel (bay sham ayl) Fr Refers to a sauce supposed to have originated with the Marquis de Béchamel Maitre d hotel of Louis XIV A cream sauce made of chicken stock, cream or milk and usually seasoned with onion Sometimes applied to all sauces having a white sauce foundation

Beef a la Mode (bef ah lah mod) Eng Fr A well larded piece of beef cooked slowly in water with vegetables Similar to braised beef

Bellevue (bel vu) Fr A pleasing sight in aspic À la Bellevue a food enclosed in aspic through which it can be plainly seen

Benedictine (bay nay dik tang) Fr A religious sect a liqueur made principally at the Abbey of Fecamp in Europe Eggs a la Benedictine poached eggs served on broiled ham placed on split toasted muffins and garnished with Hollandaise sauce

Beurre (buhr) Fr Butter Au Beurre Noir with butter sauce browned in a pan Beurre Fondue melted butter

Beurre (buhr ay) Fr Buttered

Biscotte (bis kot) Fr Rusk biscuit

Bisque (bisk) Fr A thick soup usually made from fish or shell fish Also a frozen dessert Sometimes defined as ice cream to which finely chopped nuts are added

Blanquette (blang ket) Fr A meat stew with white sauce

Bleu (bluh) Fr Blue Au Bleu plain boiled used with reference to fresh water fish

Boeuf (buhf) Fr Beef Boeuf a la Jardiniere braised beef with vegetables Boeuf Rôti roast beef

Bombe (bongh) Fr Also called bombe glacée A frozen dessert made of a combination of two or more frozen mixtures packed in a round or melon shaped mold

Bonne Femme (bong fam) Fr Good wife in simple home style Applied to soups stews etc

Bordelaise (bord lez) Fr Of Bordeaux Sauce Bordelaise a sauce with Bordeaux wine as its foundation

[1] Adapted from Department of Food Economics and Nutrition A Dictionary of Culinary and Related Terms Kansas State College 1933

Borsch (*borsh*) Rus Also spelled bortsch A Russian or Polish soup made with beets Often sour cream or citric acid is added to give an acid taste

Bouillabaisse (bool yab-ays) Fr A national soup of France The word comes from the verbs bouiller to boil and abaisser to go down A highly seasoned fish soup made especially at Marseilles Served in plates with dry toast

Bourgeoise (*boor zhwaz*) Fr Citizen style with family simplicity À la Bourgeoise usually means served with vegetables

Brioche (b e yosh) Fr A slightly sweetened rich bread of French origin

Broche (*brosh*) *Fr Skewer spit for roasting À la Broche cooked on a skewer*

Cafe (kaf ay) Fr Coffee coffee house restaurant Cafe au Lait coffee with hot milk Café Noir black coffee after dinner coffee

Canape (kan ap ay) Fr *Originally couch sofa or divan Now an individual appetizer* served either hot or cold Usually fried or toasted bread spread with or supporting a wide variety of highly seasoned foods Generally used as the first course of a meal as an hors d œuvre and is eaten with the fingers unless accompanied by a sauce or otherwise made impossible to eat this way Often served on a doily

Carte (kart) Fr Card bill of fare À la Carte according to the bill of fare Carte au Jour bill of fare or menu for the day

Chantilly (shang te ye) Fr *A castle north of Paris* Name originally given to savoy cakes scooped out filled with preserved fruit and garnished with whipped cream Now may be applied to anything served with *sweetened and flavored whipped cream* Chantilly Cream sweetened and flavored whipped cream

Chartreuse (shar truhz) Fr *Named from a monastery in the Alps which required of its members absolute abstinence from meat The name is given to dishes which hold a hidden stuffing as meat molded in rice suggesting that meat may have been thus disguised and eaten by the monks Or it may be a mold of aspic containing vegetables meat or fruit filling in the center of the mold Also the name of a famous liquor*

Chaud (*shô*) Fr *Hot*

Chemise (sh mez) Fr Shirt En Chemise with their skins on *generally applied to potatoes*

Chiffonade (*shef fon ad*) Fr Rags minced or shredded vegetables or meats Used on soups or salads

Cloche (klosh) Fr Bell dish cover Sous Cloche under cover

Confit (kong fee) Fr Also called confiture Preserves or jam made from fruit

Consomme (kon so may) Fr A clear soup usually made from 2 or 3 kinds of meat as fowl veal and beef *It is highly seasoned*

Creole (kre ol) Fr Relating or peculiar to the Creoles The term is applied to soups garnishes sauces etc Tomatoes peppers onions and other seasons are usually characteristic of these dishes

Crepe (*krayp*) Fr Pancake *The French product is very thin and crisp* and may be served for tea

Croissant (krwa sang) Fr Crescent Applied to *rolls* and confectionery of crescent shape

Curry (kur' i) Eng *An East Indian dish originally meaning a stew characterized by a pungent flavor of curry powder The finishing or seasoning of the dish is frequently done at the table and many army and navy officers from western countries pride themselves upon their combinations of seasonings*

De jour Fr Ready to serve

De euner (day zhuh nay) Fr Breakfast lunch

Demi tasse (duh mee tass) Fr A half cup Name applied in this country to black coffee served in after dinner coffee cups In France called café noir

Diner (de nay) Fr Dinner to dine

Duglère (doog lar) Fr A French restaurateur who popularized tomatoes Usually signifies the use of tomatoes

Écarlate (ay kar lat) Fr Scarlet a red sauce one containing lobster roe red tongue etc

Entre Cote (angtr kot) Fr Between ribs Name given to a steak cut from between the ribs Supposed to be second in quality only to the fillet or tenderloin

Entrée (ang tray) Fr A subordinate dish served between the main courses at a dinner Usually a made dish of unusual food or of food prepared in an unusual manner It is garnished and may be accompanied by a sauce It should be easy to eat and pleasing to the appetite but not satisfying

Entremet (ang truh may) Fr From the verb to place between A side dish light made dish served after the roast and before the dessert In French cookery it may be either a sweet or a vegetable course Entremet de Douceur sweet dish Entremet de Légume vegetable course

Espagnole (ays pah nyol) Fr Spanish brown sauce

Fanchonette (fang sho net) Fr A small pie or tart with a meringue

Farci (far see) Fr Stuffed

Fermiere (fayr myayr) Fr Farmer s wife in plain country style

Fines Herbes (fang ayrb) Fr Fine herbs

Foie (fwa) Fr Liver Foie Gras fat liver Applied especially to the liver of fat geese Foie Gras au Naturel plain cooked whole foie gras Paté de Foie Gras the most popular form of foie gras First used in Strasbourg toward the end of the eighteenth century by the chef of the governor of Alsace The cooked livers are seasoned with truffles wine and aromatics

Fondu (fong du) Fr Melted or blended

Four (foor) Fr Oven Petit Four small French pastry used at teas Pate de Petit Four pastry of the little oven

Franconia (fran ko ni a) Eng An ancient German duchy in the culinary sense browned Franconia Potatoes whole potatoes browned with the roast

Frappe (frap pay) Fr Beaten iced Applied to a water ice frozen to a mush while stirring Usually drunk rather than eaten with a spoon or fork

Glace (glah say) Fr Iced frozen glassy glazed frosted candied crystallized Glace fruit fruit dipped in a hot sirup which has been cooked to a hard crack stage

Gratin (grat ang) Fr Crumbs Au Gratin the French term for scalloped Cheese is much used in au gratin dishes and to many this term implies its use

Gumbo (gumbō) Eng Okra also a rich thick Creole soup containing okra

Hache (hah shay) Fr Minced chopped

Hors d oeuvre (or duh vr) Fr Beyond the works side dish or relish served at the beginning of the meal Used for luncheons but not for dinners in France Usually served cold and made of salty tart or crisp materials as canapes radish olives pickles fish sausages etc

Italienne (e tal yang) Fr Italian

Jardiniere (zhar de nyayr) Fr The gardener s wife a dish of mixed vegetables

Julienne (zhu lyayn) Fr Vegetables cut into fine strips or shreds Named from the famous chef Jean Julienne who invented clear vegetable soup with the vegetable cut into match like strips

Jus (zhus) Fr Juice or gravy Au Jus served in the natural juice or gravy

Kippered (kip erd) Eng Kipper is a Scotch term originally applied to salmon Now a method of preserving fish especially herring and salmon The fish are split, then lightly salted and smoked

Kosher (ko sher) Eng A term applied to food prepared with special precautions Kosher meat Meat from a strictly healthy animal that has been slaughtered and prepared in accordance with the Jewish requirements

Kuchen (koo ckhen) Ger Cake not necessarily sweet

Lait (lay) Fr Milk

Laitue (lay tu) Fr Lettuce

Lebkuchen (lap koo ckhen) Ger Also known as sweet cakes or honey cakes A group of famous German cakes

Lyonnaise (lyo nayz) Fr Word comes from Lyons Seasoned with onions and parsley as Lyonnaise potatoes

Macedoine (mah say dooan) Fr A mixture or medley usually applied to cut vegetables but also to fruit

Maitre d Hotel (maytr dotayl) Fr Steward In the culinary sense implies the use of minced parsley Maitre d Hotel Sauce or Parsley Butter a well seasoned mixture of creamed butter chopped parsley and lemon juice Served on broiled meats broiled or boiled fish and on some vegetables as potatoes

Marinade (mar e nad) Fr Usually a French dressing in which salad foods as cooked vegetables and meats are allowed to stand to render them more palatable It is also used for uncooked meat to soften tough fibers and to keep meat fresh In the latter case the marinade may be nothing more than a brine or pickle solution

Marinate (mar i nat) Eng To treat with a marinade

Milanaise (me lan ayz) Fr From Milan Implies the use of macaroni and Parmesan cheese with a suitable sauce often Bechamel

Minestrone (mee nays tro ne) It A famous Italian thick vegetable soup

Mulligatawny (mul i ga to ni) Eng Derived from two East Indian words signifying pepper water A highly seasoned thick soup characterized chiefly by curry powder Meats vegetables mango chutney cocoanut flesh rice cayenne etc are used to suit the taste of the cook

Neapolitan (ne a pol itan) Eng Also called harlequin and panachée The term is applied to a molded dessert of from 2 to 4 kinds of ice cream or water ice arranged in lengthwise layers The mixture is sliced across for serving The name is also applied to a gelatin dish arranged in layers of different colors

Nesselrode (nes el rod) Eng Containing chestnuts Named after a Russian statesman of the early 19th century Nesselrode Pudding a frozen dessert with a custard foundation to which chestnut puree fruit and cream have been added It has been termed the most perfect of frozen puddings

Newburg (nu burg) Eng A form of creamed dish with egg yolks added Originally flavored with lime or sherry Most often applied to lobster but may be used with other foods

Nivernaise (ne ver nez) Fr A garnish of julienne vegetables added to sauce Allemande

Noir (nooar) Fr Black

Noisette (nooa zet) Fr Literally hazel nut nut brown color May imply nut shaped A small piece of lean meat Generally a chop minus the bone (fillet) Potatoes Noisette potatoes cut into the shape and size of hazel nuts and browned in fat

Normande (nor mand) Fr From Normandy À la Norman a delicate smooth mixture often containing whipped cream

O Brien Cubed potatoes cooked in a small amount of fat with chopped onion and pimiento

Pane (pan ay) Fr Covered with bread crumbs or breaded

Parfait (par fay) Fr Perfect a mixture containing egg and sirup Frozen without stirring May be molded but is more commonly served in parfait glasses

Parmentiere (par mang tyayr) Fr Potato Named after Baron Augustine Parmentier who introduced potatoes into France and originated many methods of preparing them À la Parmentiere with or of potatoes

Pate (pat) Fr Paste dough

Paté (pa tay) Fr Pie patty pastry Also a meat preparation packed in earthenware jars and small tins prepared largely in Germany and France but also of domestic manufacture The name came from the fact that it was originally sold in pies of paté form Paté de Foie Gras paste of fat livers

Persillade (payr se yad) Fr Served with or containing parsley

Petit (puh tee) Fr Small new Petits Pois little peas a fine grade of small canned peas with delicate flavor but of low food value

Petits Fours (puh tee foor) Fr Small fancy cakes

Piquant (pe kang) Fr Sharp highly seasoned Applied to sauces etc Sauce Piquante a highly seasoned brown sauce containing lemon juice or vinegar capers pickles etc

Plank (plank) Eng A board made of hard wood designed for use in cooking and serving of broiled meat or fish Thought to give to the meat a superior flavor Planked steak a broiled steak served on a plank attractively garnished with a border of suitable vegetables or fruits

Plat (plah) Fr Dish Plat au Jour as used on menu cards the food of the day

Pois (pooa) Fr Peas Petits Pois very small peas

Polenta (po len ta) It A popular Italian dish originally of chestnut meal but now often made of farina or cornmeal Cheese is usually added before serving

Polonaise (po lo nay) Fr Polish With beets or cabbage

Pomme (pom) Fr Apple Pomme de Terre apple of the earth potato Pomme d amour apple of love tomato Pommes de Terre a la Lyonnaise Lyonnaise potatoes

Puree (pu ray) Fr Foods rubbed through a sieve also a nutritious vegetable soup in which milk or cream is seldom used

Ragout (rag oo) Fr Stew Originally meant something to restore the taste and tempt the appetite Generally a thick well seasoned stew containing meat

Ramekin *(ram e kin) Eng A small individual baking dish or a pastry shell* also a cheese-cake

Ravigote (rav e got) Fr A sauce seasoned with tarragon vinegar chives shallots etc

Ravioli (ra ve ō le) It A term applied to little shapes of Italian or noodle paste which are rolled thin one half spread with a filling of minced meat or vegetables and moistened with a sauce if necessary then folded over and poached in stock

Remoulade (ray moo lad) Fr A pungent sauce Made of hard cooked eggs mustard oil vinegar and seasonings Served with cold dishes

Rissoler (re so lay) Fr To roast until the food is a golden brown to brown Rissole browned

Rouelle (roo ayl) Fr A round slice or fillet

Roulade (roo lad) Fr Rolled Applied to rolled meat

Roux (roo) Fr The term is often applied to the browned flour and fat used for thickening sauces stews etc

Scallion (skal yun) Eng Any onion which has not developed a bulb

Shallot (sha lot) Eng A form of onion with stronger but more mellow flavor than the common variety

Sorbet (sor bay) Fr A sherbet made of several kinds of fruits

Soubise (soo bez) Fr A white sauce containing onion and sometimes parsley

Springerle (spring er le) Ger A popular cake The dough is rolled into a sheet and pressed with a springerle mold before baking

Table d Hôte (tabl dot) Fr Table of the host or innkeeper Service Table d Hote a meal planned by the establishment and served for a set price Considerable choice may be permitted

Terrine (tay reen) Fr An earthenware pot resembling a casserole Chicken en Terrine chicken cooked and served in a terrine

Torte (tor' te) Ger A rich cake made from crumbs eggs nuts etc

Tortoni (tor ton ee) It Originally Tortonois meaning from the Italian city Tortona Tortoni Biscuit a frozen mixture containing dried ground macaroons and chopped blanched almonds

Tournedos (toor nay doz) Sp Small round fillets of beef

Truffle (truf l) Eng A species of fungi similar to mushrooms found chiefly in France growing in clusters some inches below the surface of the ground under oak trees They are rooted out by pigs trained for the purpose They are black in color and are used chiefly for garnish and flavor

Veloute (vuh loo tay) Fr Velvety a rich white sauce usually made of chicken or veal broth Considered the principal white sauce just as Espagnole is the chief brown sauce although some confusion exists in the use of the terms

Volaille (vo lah yuh) Fr Poultry

Vol au vent (vol o vang) Fr Flying at the mercy of the wind large patties of puff paste made without a mold and filled with meat preserves etc

Yorkshire Pudding (york shir pooding) Eng An English dish usually served with roast beef It consists of a popover like mixture which may be baked with the meat or separately with some of the drippings from the roast

Zwieback or Zwiebach (tsve bak) Ger A German bread which is twice baked Now used largely in feeding small children

COOKERY TERMS

(Processes and Methods)

Baking is cooking by dry heat usually in an oven but occasionally on heated metals This term is used interchangeably with roasting when applied to meat cookery

Basting is moistening meat or other food while cooking to add flavor and to prevent drying of the surface Melted fat meat drippings water or water and fat may be used for basting

Beating is a regular motion that lifts a mixture over and over and thereby introduces air or makes the mixture smooth

Blanching is pouring boiling water over a food such as rice macaroni and other pastes draining and rinsing it in cold water Nuts and fruits are blanched by leaving them in boiling water until the skins slip draining and rinsing with cold water

Blending is thoroughly mixing two or more ingredients

Boiling is cooking in water or a liquid mostly water in which the bubbles are breaking on the surface and steam is given off The boiling temperature of water

at sea level is 100 C (212 F) but will be approximately 1 C less for every 1 000 feet elevation The boiling point will be increased by the solution of solids in the water

Braising is browning meat or vegetables in a small amount of fat covering and cooking slowly in a small amount of liquid Meat stock or juice water milk or cream may be used for the liquid

Breading is dipping a food into an egg milk mixture and then into fine dry crumbs

Broiling is cooking by direct heat This may be done by placing the food under or over a clear flame

Candying is cooking in sugar or sirup

Carmelizing is heating sugar or food containing a high percentage of sugar until a brown color and characteristic flavor develop

Chopping is cutting food into fairly fine pieces with a knife or other sharp tool

Creaming is the working of one or more foods until soft and creamy This term is ordinarily applied to the mixing of fat and sugar

Cutting is the combination of a solid fat with dry ingredients by a horizontal motion with knives A fat is thus combined with dry ingredients with the least amount of blending

Cutting and Folding is combining by the use of two motions—cutting vertically through the mixture and turning over and over by sliding the implement across the bottom of the mixture with each turn

Dicing is cutting into cubes

Dredging is dipping a food into flour or other fine substance so that it is entirely covered

Egging and Crumbing is dredging a food with fine crumbs then dipping into dilute slightly beaten egg and dredging again with crumbs This treatment is used for dried foods to prevent soaking of the food with fat or to form a surface easily browned

Fricasseeing is cooking by browning in a small amount of fat then stewing or steaming This method is most often applied to fowl or veal

Frizzling is cooking in a small amount of fat to produce a food that is crisp and brown with curled edges

Frying is cooking in hot fat The food may be cooked in a small amount of fat (formerly called sauteing) or cooked in a deep layer of fat (also called deep fat frying)

Glaceing is coating with a sugar sirup cooked to the crack stage It may also refer to a less concentrated mixture containing thickening and used for coating certain types of rolls or pastries

Grilling—*See* Broiling

Grinding is changing a food to small particles

Kneading is manipulation with a pressing motion accompanied by folding and stretching This process may be used to add flour to doughs that are too stiff to stir or beat

Larding is the insertion of small strips of fat (lardoons) into or on top of uncooked lean meat or fish to give flavor or prevent dryness

Marinating is placing a food into a marinade (usually a salad dressing) for a short length of time

Melting is liquefying by the application of heat

Mincing is to cut or chop a food into very small pieces not so fine and regular as grinding yet finer than those produced by chopping

Mixing is uniting two or more ingredients

Pan broiling is cooking uncovered on a hot metal The fat is removed as it accumulates Liquid is never added

Pan frying is cooking in a small amount of fat (*See* Frying)

Parboiling is partially cooking a food by boiling the cooking being completed by another method

Parching is browning by the application of dry heat

Paring is removing the outside covering usually by a knife

Peeling is removing the outside covering usually by the aid of heat or mechanical device

Planking is cooking or serving a food usually fish or steak on a hot wooden board or plank made especially for the purpose

Poaching is cooking in a hot liquid the original shape of the food being retained

Roasting is the same as baking The term is commonly applied to meats

Sauteing is cooking in a small amount of fat (*See* Frying)

Scalloping is baking food usually cut into pieces and covered with a liquid or sauce and crumbs Escalloped is a synonymous term

Searing is browning the surface of meat by the application of intense heat for a short time This process usually develops flavor and improves appearance

Simmering is cooking in a liquid in which bubbles form slowly and break just below the surface The temperatures range from 85 C (185 F) to a temperature just below the boiling point

Steaming is cooking in steam with or without pressure Steam may be applied directly to the food as in a steamer or to the vessel as in a double boiler

Steeping is a process of extracting flavors colors or other qualities by adding boiling water and allowing the mixture to stand The mixture is always just below the boiling point

Stewing is simmering or boiling in a small amount of liquid

Stirring *is mixing food materials with* a circular motion Food materials are blended or made into a uniform consistency by this process

Toasting is the application of direct heat until the surface of the food is browned

Whipping is rapid beating to increase volume by the incorporation of air

COOKING TEMPERATURES*

Oven Temperatures

Terms Commonly Used to Describe Oven Temperatures

Term	Temperature	
	degrees F	degrees C
Slow	250 to 300	121 to 149
Very moderate	300 to 325	149 to 163
Moderate	325 to 375	163 to 191
Moderately hot	375 to 400	191 to 204
Hot	400 to 450	204 to 232
Very hot	450 to 500	232 to 260

* Adapted from Terminology Used in Food Preparation p 19 American Home Economics Association Mills Building Washington D C 1935

TEMPERATURES USED IN BAKING

Type of Product	Approximate Time Required for Baking	Oven Temperature	
Breads	minutes	degrees F	degrees C
Biscuits	12 to 15	4[illegible]5	218
Cornbread	30 to 35	400	204
Muffins	20 to 25	400	204
Popovers	45	450 for 30 min then 350 for 15 min	232 for 30 min then 177 for 15 min
Yeast bread	50 to 60	375 for 15 min then 350 for 35 to 45 min	191 for 15 min then 177 for 35 to 45 min
Yeast rolls	20 to 25	425	218
Cakes with fat			
Plain			
Cup	15 to 20	375	191
Layer	15 to 25	365	185
Loaf	40 to 45	325 to 350	163 to 177
White or chocolate			
Layer	20 to 25	350	177
Loaf	50 to 55	325 to 350	163 to 177
Cakes without fat			
Sponge and Angel	55 to 60	325 to 350	163
Cookies			
Drop	10 to 15	400	204
Drop (to spread)	10 to 12	350	177
Rolled	8 to 10	3[illegible]5	191
Egg meat milk cheese dishes			
Cheese soufflé	60	325	163
Custard plain corn etc	50 to 60	350	177
Macaroni and cheese	25 to 30	350	177
Meat loaf	75	350	177
Meat pie	25 to 30	400	204
Rice pudding (raw rice)	120 to 1[illegible]0	250 to 2[illegible]5	1[illegible]1 to 135
Scalloped potatoes	60	350	177
Pastry			
One-crust (custard type)	2	450 for 10 min then 350 to finish	232 for 10 min then 177 to finish
Shells	8 to 10	400	2[illegible]4
Two-crust pies	30 to 35	450 for 10 min then 350 to finish	2[illegible]2 for 10 min then 177 to finish

* It may be necessary to modify these temperatures for decreased atmospheric p[illegible]es sure

DEEP FAT FRYING TEMPERATURES

Type of Product	Amount to Serve 50	Preparation	Method	Temperature		Time
				degree F	degree C	minute
Asparagus (cooked)	12 lb		I	375	191	1 to 3
Bananas	9 lb	Skin and scrape Cut in pieces 2 in long Sprinkle with powdered sugar and lemon juice Let stand 30 min	I	375	191	1 to 3
Cauliflower	9 12-oz heads	Cold cooked cauliflower	I	375	191	1 to 3
Cheese Balls		See p 85		350	177	2 to 3
Chicken	25 2½ to 3 lb broilers	See p 169	I	350 to 375	177 to 191	8 to 10
Croquettes (all previously cooked foods)				375 to 390	191 to 199	2 to 5
Cucumbers	16 9-in long	Wash pare and cut lengthwise in ⅜ in slices	III	390	199	3 to 5
Cutlets				360 to 400	182 to 204	5 to 8
Doughnuts		See p 110		375	191	3 to 5
Eggplant	8 lb 1 slice 4 x ½ in	Pare cut in [illegible] in slices soak in salt water 2 hr	I	370	188	5 to 8
Fish Fillets	13 lb 4 oz serving		III	370	188	4 to 6
Fritters				370 to 380	188 to 193	2 to 5

Frog Legs	100 large	Trim and clean	III	375 to 380	191 to 193	6
Onions	8 lb	Peel cut in 3/8 in slices separate into rings Soak in milk 1 hr	II	370	188	1 to 3
Oysters	3 qt	See p 115	III	375	191	1 to 3
Perch or Smelts	18 lb 6-oz serving	See p 113 & 114 (Fried Fish II)	III	370	188	3 to 5
Scallops	12 lb (approx 20 per lb) 5 to 6 per serving	Wash and dry	III	360	182	5
Shrimp	13 lb 4 oz serving	See p 115	I	350 to 365	177 to 185	3 to 5
Summer Squash	12 lb	Wash and cut in ½ in slices	III	375	191	3 to 5
Timbale Cases		See p 61		380 to 390	193 to 199	1 to 1
Potatoes						
French Fried	15 lb E P	Peel Cut into eighths lengthwise		365 to 375	185 to 191	5 to 12
Shoestring	12 lb E P	Peel Cut into ⅛ in strips		325 to 335	163 to 168	3 to 10
Lattice	12 lb E P	Peel Cut using lattice slicer		350 to 375	177 to 191	3 to 10
Chips	8 lb E P	Peel Slice very thin		325	163	3 to 6

Method I

Dip in mixture of
1 c Flour }
½ t Salt } Mix
⅛ g Pepper }
Add
1½ c Milk
2 Eggs beaten

Method II

Dip in milk
Drain Dip in flour

Method III

Sprinkle with salt and pepper
Dip in crumbs egg and crumbs again

TEMPERATURES AND TESTS FOR SIRUP AND CANDIES*

Product	Temperature of Sirup at Sea Level (Indicating Concentration Desired)		Stage of Concentration Desired	Behavior at Stage Desired
	degree F	degree C		
Sirup	230 to 235	110 to 112	Thread	The sirup spins a two inch thread when dropped from fork or spoon
Fondant Fudge Penuchi	235 to 240	112 to 116	Soft ball	The sirup when dropped into very cold water forms a soft ball which flattens on removal
Caramels	244 to 248	118 to 120	Firm ball	The sirup when dropped into very cold water forms a firm ball which does not flatten on removal
Divinity Marshmallows Nougat Popcorn balls Salt water taffy	250 to 265	121 to 129	Hard ball	The sirup when dropped into very cold water forms a ball which is hard enough to hold its shape yet plastic
Butterscotch Taffies	270 to 290	132 to 143	Soft crack	The sirup when dropped into very cold water separates into threads which are hard but not brittle
Brittle Glacé	300 to 310	149 to 154	Hard crack	The sirup when dropped into very cold water separates into threads which are hard and brittle
Barley sugar	320	160	Clear liquid	The sugar liquefies
Caramel	338	170	Brown liquid	The liquid becomes brown

* It may be necessary to modify these temperatures for decreased atmospheric pressure

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE

Food	Weight	Approximate Measure
Almonds blanched	1 lb	4 c
Almonds in shell	1 lb	3 c
Almonds A P	1 lb	2 c E P
Apples A P	1 lb	2½ to 3 medium
Apples, A P	1½ lb	1 qt sliced
Apples diced ½ inch cubes	1 lb	4½ c
Applesauce	1 lb	2 c
Apples canned pie pack	1½ lb	1 qt
Apricots dried A P	1 lb	3 c
Apricots, dried cooked no juice	1 lb	2½ lb or about 5 c
Apricots fresh	1 lb	8 apricots
Apricots canned halves without juice	1 lb	2 c or 21 halves
Apricots, pie pack	1 lb	1¾ c
Asparagus fresh	1 lb	20 stalks
Asparagus canned tips drained	1 lb	19 stalks
Asparagus canned cuts drained	1 lb	2½ c
Avocado	1 lb	2 medium
Bacon raw	1 lb	15 to 25 slices
Bacon cooked	1 lb	85 to 95 slices
Baking Powder	1 oz	2½ T
Bananas	1 lb	3 medium
Bananas diced	1 lb	2½ c
Barley flour	1 lb	4 c
Barley pearl	1 lb	2 c
Beans, baked	2 lb	1 qt
Beans, dried Lima small A P	1 lb	2⅓ c
Beans dried, Lima 1 lb A P after cooking	2 lb 9 oz	6 c
Beans Lima fresh or canned	1½ lb	1 qt
Beans kidney A P	1 lb	2⅔ c
Beans kidney 1 lb, after cooking	2 lb 6 oz	7 c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Beans, navy, A P	1 lb	2⅓ c
Beans, navy, 1 lb A P, after cooking	2 lb 3 oz	6 c
Beans, string, cut, cooked, without juice	1 lb	3½ c
Beef, dried, solid pack	1 lb	1 qt
Beef ground raw	1 lb	2 c
Beef cooked diced	1 lb	3 c
Beets medium	1 lb	2 to 3
Beets cooked diced	1 lb	2¼ c
Beets cooked, sliced	1½ lb	1 qt
Beets young, A P	6 lb (net)	1 doz
Blackberries fresh	3 lb	1 qt
Blackberries pie pack	1 lb	3 c
Bran, unwashed	1 lb	4 qt
Bran all bran	8 oz	1 qt
Bran flakes	1 lb	3 qt
Bread loaf	2 lb	24 slices ½ in each
Bread sandwich	1 loaf	36 to 40 ¼ in slices
Bread, soft broken	1 lb	9 c
Bread stale broken	1 lb	9 c
Bread, crumbs dry	12 oz	4 c
Bread crumbs, soft	8 oz	4 c
Brussels Sprouts A P	1 lb	1 qt
Butter	1 lb	2 c
Cabbage shredded E P	12 oz	1 qt
Cabbage, A P shredded cooked	1 lb	1½ c
Cantaloupe	18 oz	1 melon 4½ in diameter
Carrots diced (A P topped)	1 lb	3¼ c
Carrots ground raw E P	1 lb	3¼ c
Carrots, diced cooked	1 lb	3 c
Carrots	1 lb	6 small

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Cake, crumbs, not dry	10 oz	1 qt
Cauliflower, E P, 1 crate	12½ lb	10 qt
Cauliflower, head	12 oz	1 small
Celery diced E P	1¼ lb	1 qt
Celery diced (depending on size)	1 to 2 bunches	1 qt
Cheese, cottage	1 lb	2¼ c
Cheese grated or ground	1 lb	1 qt
Cheese cubed	17 oz	1 qt
Cheese Philadelphia cream	3 oz	⅓ c
Cherries, red pie pack, without juice	1 lb	3 c (scant)
Cherries glace	1 lb	96 cherries
Cherries, Royal Anne drained	1 lb	2¼ c
Chicken dressed	5 lb	1 qt cooked, diced
Chicken, cooked cubed	1 lb	3 c
Chili Powder	1 oz	6 T
Chili Sauce	14 oz	1¼ c
Chocolate	1 lb	16 squares
Chocolate grated	1 lb	4 c (plus)
Chocolate melted	1 lb	2 c (scant)
Cinnamon ground	1 lb	4 c
Cinnamon, stick	¾ oz	4 sticks 5 in long
Citron dried chopped	3 oz	1 c
Cloves, ground	1 lb	3¾ c
Cloves, whole	3 oz	1 c
Cocoa	1 lb	4½ c
Cocoanut, prepared	1 lb	6 to 7 c
Coffee, ground coarse	1 lb	5 to 5½ c
Coffee, pulverized	1 lb	5 c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Corn canned	1 lb	1¾ c
Cornflakes	1 lb	4 qt
Cornmeal	1 lb	3 c
Corn sirup	12 oz	1 c
Cornstarch	1 lb	3¼ c
Crab Meat, flaked	½ lb	3 c
Crackers graham	1 lb	58 crackers
Crackers 2⅝ in sq	12 oz	50 crackers
Crackers 2 x 2 in	1 lb	108 crackers
Cracker, crumbs medium fine	10 oz	1 qt
Cranberries raw	1 lb	4 c
Cranberries cooked	1 lb	1 qt
Cranberries sauce jellied	1 lb	2 c
Cream of Tartar	1 oz	3 T
Cream of Wheat raw	1 lb	2⅔ c
Cucumbers	20 oz	2 9 in long
Cucumbers diced E P	1 lb	3 c
Currants dried	1 lb	3 c
Curry Powder	1 oz	4 T
Dates A P	1 lb	2½ c
Dates pitted	1 lb	3 c
Eggplant	1 lb	8 slices 4 x ½ in
Eggs whole A P	1 lb	8
Eggs whole*	1 lb	2 c (9 to 11 eggs)
Eggs whites	1 lb	2 c (17 to 20 eggs)
Eggs yolks	1 lb	2 c (19 to 22 eggs)
Eggs hard cooked chopped	1½ lb	1 qt

* One case (30 doz) eggs weighs approx 41 to 43 lb and yields approx 35 lb of liquid whole eggs

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Farina, cooked	6 oz	3/4 c
Farina, uncooked	1 lb	3 c
Farina, 1 lb when cooked	8 lb	3 1/4 qt
Figs dry	1 lb	2 1/4 c (44 figs)
Flour, graham	1 lb	3 2/3 c
Flour white bread unsifted	1 lb	3 1/2 c (scant)
Flour white bread sifted	1 lb	4 c
Flour cake unsifted*	1 lb	3 3/4 c (scant)
Flour cake sifted*	1 lb	4 c
Flour whole wheat sifted	1 lb	4 c
Gelatin granulated	1 oz	4 T
Gelatin prepared	1 lb	2 1/3 c
Ginger	1 lb	4 3/4 c
Ginger candied	1 oz	1 piece 2 x 2 x 3/8 in
Grapefruit size 64	1 lb	1 grapefruit
Grapenuts	1 lb	4 c
Grapes cut, seeded E P	1 lb	2 3/4 c
Grapes, on stem	1 lb	1 qt
Green Peppers	1 lb	7 medium
Green Peppers, chopped	1 lb	3 1/2 c
Ham cooked diced	1 lb	3 c (plus)
Ham cooked, ground	1 lb	2 c
Ham, 1 lb, uncooked A P		1 c cooked
Hominy Grits raw	1 lb	3 c
Hominy Grits 1 lb A P cooked	6 1/2 lb	3 1/4 qt
Honey	10 oz	1 c
Ice Cream commercial	1 lb	2 1/2 c

* Or Pastry Flour

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Jam, raspberry	1 lb	1⅓ c
Jelly, blackberry	1 lb	1⅓ c
Krumbles	1 lb	16 c
Lard	1 lb	2 c
Lemons size 300	1 lb	4 lemons
Lemon Juice	8 oz	4 to 5 lemons or 1 c
Lettuce average head	9 oz	1
Lettuce shredded	1 lb	8 c
Lettuce leaf	1 lb	30 to 40 salad garnishes
Macaroni, 1-inch pieces A P	1 lb	4½ c
Macaroni, 1 lb after cooking	5 lb	2¾ qt
Macaroni cooked	1 lb	2½ c
Marshmallows (1¼ in)	1 lb	80
Mayonnaise	1 lb	2 c
Meat, chopped, cooked	1 lb	2 c
Milk condensed sweetened	11 oz	1 c
Milk, evaporated	1 lb	2 c
Milk powdered	1 lb	2½ c
Mincemeat	1 lb	2 c
Molasses	1 lb	1⅓ c
Mushrooms, sliced fresh, un stemmed	1 lb	7 c
Mushrooms 1 lb sliced fresh fried		1½ c
Mushrooms canned	1 lb	2 c
Mustard dry	1 lb	5 c
Nutmeats almonds	1 lb	4 c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Nutmeats, English, chopped	1 lb	4 c
Nutmeats, peanuts	1 lb	4 c
Nutmeats, pecans	1 lb	4 c
Nutmeg, ground	1 lb	3½ c
Noodles, raw, dry	1 lb	8½ c
Oats, rolled, raw	1 lb	4¾ c
Oats, rolled, cooked	1 lb	3 to 3½ c
Oil, salad	1 lb	2⅛ c
Olives, green, small size 180 to 200, 1 qt		109 to 116 olives
Olives, ripe, small size 120 to 150, 1 qt		152 olives
Onions, A P	1 lb	4 to 5 medium
Onions, chopped	1 lb	2 to 3 c
Oranges, size 150	1 lb	2
Oranges, diced with juice (size 150)	3 lb	1 qt
Oysters, 1 qt		40 large, 60 small
Paprika	1 lb	3¾ c
Parsnips, A P	1 lb	4
Peanuts, in shell	1 lb	2 qt
Peanuts, 1 lb A P, after shelling	11 oz	2 c
Peanut Butter	1 lb	1¾ c
Peaches, medium, A P	1 lb	4
Peaches, canned, sliced, drained	1 lb	2 c
Peas, 2½ lb A P	1 lb E P	
Peas, 1 lb A P		1 c E P
Peas, canned, drained	1¼ lb	2 c
Peas, dried, split	1 lb	2⅓ c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Peas 1 lb dried, after cooking	2½ lb	5½ c
Pears, fresh, A P	1 lb	3 to 4
Pears, canned, drained diced	1 lb	2½ c
Pears, halves, large drained	1 lb 14 oz	1 qt (9 halves)
Pepper, ground, white	1 lb	4¼ c
Pickles, chopped	1 lb	3 c
Pickles, halves, 3 in	1 lb	3 c or 36 halves
Pimiento, chopped	1 lb	2½ c
Pineapple, canned tidbits	1 lb	2 c
Pineapple fresh	2 lb	1 pineapple
Pineapple, canned, slices drained	1 lb	8 to 12 slices
Potatoes, white, medium, A P	1 lb	4
Potatoes, 2 lb A P after cooking (diced and creamed or mashed)		1 qt
Potatoes, mashed	1 lb	2 c
Potatoes, sweet	1 lb	3 medium
Potato Chips	1 lb	5 qt
Potato Chips	¾ to 1 oz	1 serving
Prunes, dried, A P, size 30 to 40	1 lb	2 c
Prunes, dried 1 lb after cooking	2 lb	3 to 4 c
Prunes cooked pitted	1 lb	3¼ c
Pumpkin, cooked	1 lb	2½ c
Raisins, A P	1 lb	3 c
Raisins, 1 lb A P cooked	1 lb 12 oz	1 qt
Raspberries A P	1 lb	3⅜ c
Rhubarb, raw 1 in pieces	1 lb	4 c
Rhubarb, 1 lb E P cooked		2 1/[illegible] c
Rice A P	1 lb	2 c
Rice 1 c A P		1 qt cooked

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Rice puffed	1 oz	1⅔ c
Rutabagas raw cubed E P	1 lb	3⅓ c
Salad Dressing cooked	1 lb	2 c
Salmon canned	1 lb	2 c
Salt	1 oz	1½ T
Sardines canned	1 lb	48, 3 in long
Sausage link small	1 lb	16 to 17
Sauerkraut	1 lb	3 c packed
Shrimp	1 lb	3¼ c
Soda	1 lb	2 c
Spaghetti	1 lb	4 c (plus)
Spaghetti 1 lb A P cooked	3 lb 14 oz	2⅓ qt
Spinach raw	1 lb	5 qt (not packed)
Spinach 1 lb raw cooked	13 oz	2¾ c
Spinach canned	1 lb	2 c
Squash summer A P	2 lb	1 squash, 5 in diameter
Squash Hubbard, cooked	1 lb	2⅛ c
Strawberries, A P	1 lb	2¼ c
Sugar brown	1 lb	3 c
Sugar cubes	1 lb	96 cubes
Sugar granulated	1 lb	2⅛ c
Sugar powdered, sifted	1 lb	3½ c
Sweetbreads 5 lb A P		1¾ qt cooked
Tapioca minute	1 lb	2¼ c
Tapioca pearl	1 lb	2¾ c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Tapioca, 1 lb after cooking		7½ c
Tea	1 lb	6 c
Tomatoes, canned	1 lb	2 c
Tomatoes fresh	1 lb	3 to 4 medium
Tomatoes fresh, diced	1 lb	2¼ c
Turnips, A P	1 lb	2 to 3
Tuna Fish	1 lb	2 c
Vanilla	½ oz	1 T
Walnuts, English in shell	1 lb	55 small nuts or 1½ qt
Walnuts, English, 1 lb A P, after shelling		2 c
Watercress	1 lb	5 bunches
Watermelon	1 lb	1 in slice, 6 in diameter
Wheat puffed	1 lb	32 c
Wheat, shredded	1 lb	15 to 16 biscuits
White Sauce medium	9 oz	1 c
Yeast	1 lb	32 cakes

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY

Food	Serving Unit	Order
I Bakery Products		
Pullman Loaf, 30 oz	1 to 2 slices	2 to 4 loaves
Pan Rolls	1½ to 2	6 to 8 doz
II Beverages		
Coffee	1 c	1 to 1¼ lb
Cocoa	1 c	8 oz
Cider	½ c	6½ qt
Grape Juice	½ c	6½ qt
Lemons for lemonade	1 glass	3 doz
Oranges for juice	⅓ c	6 doz medium
Tea (Amount will vary with quality and blend)		
Hot	1 c	2½ oz
Iced	1 glass	3 oz
Tomato Juice	½ c	2 No 10 cans (6½ qt)
Tomato Juice	⅓ c	5 qt
III Cereals and Cereal Products		
Cereal to be cooked p 30		
All Bran 16-oz pkg	½ c (scant)	3 pkg
Bran Flakes 10-oz pkg	¾ c	5 pkg
Crackers graham	2 crackers	2 lb
Crackers 2 x 2 in	2 crackers	1 lb
Cornflakes 8 oz pkg	⅘ c	5 pkg
Krumbles 8-oz pkg	1 c (scant)	6 pkg
Grapenuts 12 oz pkg	¼ c (scant)	4 pkg
Puffed Wheat 3½ oz pkg	1 c	6 pkg
Puffed Rice 4 oz pkg	1 c	6 pkg
Rice Krispies 6 oz pkg	⅔ c	6 pkg
Whole Wheat Flakes 10-oz pkg	⅔ c	5 pkg
Shredded Wheat 12 oz pkg	2 biscuits	7 pkg
Wheat Krispies 10½ oz pkg	⅔ c	4 pkg
IV Dairy Products		
Butter for table (allow more if serving hot bread)	1 to 1½ pats	1 to 1½ lb
Butter for vegetables	——	½ to ¾ lb
Cream 20 per cent	2 T	1½ qt
Cream 40 per cent for garnish	1 T	¾ to 1 qt

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	Serving Unit	Order
Cheese Cottage	1/3 c	8½ lb
Cheese, Longhorn	1½ oz	4¾ lb
Ice Cream, bulk	No 12 dipper	2 gal
Ice Cream brick	———	7 to 8 bricks
Ice or Sherbet with meal	No 16 dipper	1½ gal
Milk	1 glass	2½ gal
V Fruits		
Canned Fruits*		
Dried Fruits		
Apricots	3 oz	4½ lb
Dates	5 to 6 each	4½ lb
Figs uncooked	2 each	2¼ lb
Peaches	3 oz	4½ lb
Prunes	3 oz	5½ lb
Raisins	2⅓ oz	4 lb
Fresh Fruits		
Apples for sauce	3 oz	15 lb
Apples for 8 in pie	6 to 7 cuts per pie	15 lb
Bananas, to serve whole, small size	1 each	16 lb
Bananas, for 8 in pie	6 to 7 cuts per pie	5 lb
Blackberries for 8 in pie	6 to 7 cuts per pie	6 to 8 qt
Blackberries for short cake	½ c	6 to 8 qt
Cherries red, for 8 in pie	6 to 7 cuts per pie	8 to 10 qt
Cranberries for sauce	¼ c	3 lb
Pineapple (each 2 lb)	½ c diced	5 pineapples
VI Sweets		
Candies small	———	1 lb
Honey	2 T	5 lb
Jam	2 T	3 lb
Jelly	2 T	3 lb
Sirup	¼ c	2½ qt
Sugar loaf	1½ cubes	1½ lb
Sugar granulated	1½ t	¾ lb
VII Meats		
Beef		
Chuck Roast	2½ oz	18 to 20 lb
Country Fried Steak (Round) ½ in thick	3 oz	12½ lb
Creamed Beef ground meat	3 oz	9 lb
Ground Meat patties	3 oz	12½ lb

* Canned Fruits and Vegetables

The number of servings that can be secured from a can of fruit or vegetables will depend upon the grade pack size of servings and size of the can

A No 10 can of a standard grade of fruit will yield 30 to 35 servings A No 2½ can 8 to 9 servings

A No 10 can of vegetables will yield approximately 25 to 30 servings A No 2½

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	Serving Unit	Order
Meat Loaf	3 oz	10 lb
Rib Roast	2 oz	20 lb
Steaks to Broil sirloin	4 to 4½ oz	16 to 18 lb
Steaks to Broil T bone	6 to 8 oz	
Stew with Vegetables	5½ oz	10 lb
Swiss Steak (Round) ¾ in thick	3½ oz	16 lb
Chicken dressed weight		
Chicken, a la King	3 oz	15 lb
Chicken baked	2½ oz	30 lb
Chicken creamed	3 oz	18 lb
Chicken fried	¼ chicken	30 lb
Chicken scalloped	4 oz	20 lb
Chicken stewed	5 oz	25 lb
Fish		
Fish baked (pieces)	——	12½ to 15 lb
Fish fried	——	16 to 18 lb
Frankfurters 12/1*	2 each	8 to 10 lb
Lamb		
Roast Leg 6 lb each	2½ oz	4 legs
Chops rib 4/1	2 each	25 lb
Pork		
Ham cured		
Baked	2 oz	18 lb
Baked sliced	2 oz	16 to 20 lb
Loaf 8 lb cured—4 lb fresh	3 oz	12 lb
Grilled	3 oz	20 lb
Boiled sliced	2 oz	8 lb
Creamed	2½ oz	6 lb
Roast loin	3 oz	16 to 20 lb
Pork Chops	1 each	12½ to 15 lb
Roast ham	3 oz	20 lb
Pork Cutlets 5/1	1 each	10 lb
Sausage 4/1	1 cake each	12½ lb
Stew	2½ oz	12½ lb
Turkey, dressed	2½ oz	39 to 40 lb
Veal		
Veal Cutlets	3 oz	12½ lb
Loaf, 8 lb veal—2 lb pork	3 oz	10 lb
Breaded Veal veal round	3 oz	12½ lb
Veal Birds round thin	3½ oz	12½ lb
Veal Chops 4/1	1 each	12½ to 15 lb

* 12 to one lb

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	Serving Unit	Order
VIII Nuts		
Pecan Meats for Tea	1 T	1 to 1½ lb
Jumbo Peanuts for Tea	1 T	1 to 1½ lb
Mixed Nuts for nut cups	——	1½ lb
IX Relishes		
Carrots strips 3 in	2 to 3 pieces	2 to 2½ lb
Celery Curls, 2½ in pieces	1 piece	2 medium stalks (2¼ lb A P)
Olives, green	3 to 4	2 qt
Pickles, 3 in	½ pickle	1½ lb
X Vegetables		
Canned Vegetables		
Dried Vegetables		
Beans Kidney	4 oz	5½ lb
Beans Lima	5 oz	6 lb
Beans, navy, baked	6 oz	6 lb
Peas split	4 oz	5 lb
Fresh Vegetables		
Asparagus	3 oz	15 to 18 lb
Beans, green	3 oz	10 to 12 lb
Beans Lima	3 oz	20 to 22 lb
Beets	3 oz	13 to 14 lb
Broccoli	3 oz	16 to 20 lb
Brussels Sprouts	2½ to 3 oz	10 to 12 lb
Cabbage, to be cooked	2½ to 3 oz	12 lb
Cabbage raw	1 to 2 oz	8 lb
Carrots	3 oz	12½ lb
Cauliflower	3 oz	28 to 32 lb
Cucumber 9 in	2 slices	4
Eggplant 1¼ lb each	2 to 2½ oz	8
Onions, whole	1 medium	12½ lb
Head Lettuce	——	8 to 10 heads
Head Lettuce garnish	——	4 to 5 heads
Leaf Lettuce garnish	——	1 to 1½ lb
Parsnips	3 to 3½ oz	12½ to 15 lb
Peas in Shell	2½ oz	25 lb
Potatoes Irish baked	6 oz	20 lb
Potatoes to mash	5 oz	15 lb
Potatoes to brown	3½ to 4 oz	15 to 18 lb
Potatoes to scallop	5 oz	12½ lb
Potatoes sweet	4½ to 5 oz	18 to 20 lb

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	Serving Unit	Order
Radishes	2 each	10 bunches
Tomatoes, small	1 each	15 to 18 lb
Tomatoes, sliced	3 oz	10 to 12½ lb
Turnips, diced	3 oz	12½ lb
Turnips, mashed	3 oz	15 lb
Spinach, to be cooked	3 oz	15 to 18 lb
Spinach, for salad	1 oz	5 to 6 lb
Squash, mashed	3 oz	10 to 12 lb
Squash, baked	3 oz	10 to 12 lb

APPROXIMATE AMOUNTS OF CEREAL PRODUCTS TO SERVE FIFTY

Cereal	Amount	Water*	Salt	Approximate Serving
Cornmeal	2 lb	8 qt	2¼ T	5 oz
Cream of Wheat Farina	2 lb	8 qt	2¼ T	5 oz
Grits, hominy	2⅔ lb	8 qt	2 T	5 oz
Grits, wheat	2 lb	8 qt	2 T	5 oz
Macaroni	2 lb	8 qt	2½ T	2½ oz
Noodles	1½ lb	8 qt	2½ T	2 oz
Pettijohns	3 lb	8 qt	3 T	5 oz
Rice	3¾ lb	8 qt	2½ T	5 oz
Rolled Oats	2½ lb	8 qt	3 T	5 oz
Spaghetti	2¼ lb	8 qt	2 T	2½ oz

* The amount of water and the cooking time will vary with the method of cookery

APPROXIMATE AMOUNTS OF PREPARED FOODS TO SERVE FIFTY

Food	Serving Unit	Quantity
I Beverages		
Punch	3 oz	5 qt
Cocoa, Coffee and Tea	6 oz	2½ gal
II Breads	2 to 3 slices	5 loaves, 3½ x 9 in
Brown Bread		
Nut Bread		
Orange Bread		
III Cereal Products		
Farina Cream of Wheat, Wheat Grits	⅔ c	8 qt
Macaroni, Noodles and Spaghetti	⅓ c	5 qt
Rice (for cereal)	⅔ c	8 qt
Rolled Oats or Pettijohns	⅔ c	8 qt
IV Desserts		
Cake		
Layer 3 layers, 10 in	———	3 cakes
Plain, sheet	———	1 pan 12 x 20 in
Fruit	2½ oz	8 lb
Fruit Cup	*⅓ c (scant)*	*4 qt*
Ice Cream	No 16 dipper	6 qt
Pies 8 in	1 piece	7 or 8 pies
Canned fruit filling	1 pie	3 c
Cream filling	1 pie	3 c
Pastry for 2 crusts	1 pie	12 oz
Pastry for 1 crust	1 pie	7 oz
Puddings		
Cornstarch or Tapioca	No 12 dipper	5 qt
V Meats		
Boiled Ham	2 oz	8 lb E P
Cooked Diced Chicken	1½ oz	4 qt
VI Sauces		
Gravy	2 T	2 qt
Sauce to serve with Meat	1 T	1 qt
Sauce to serve with Pudding	2 T	2 qt
Sauce for Vegetables	2 to 3 T	2 to 3 qt
VII Salad Dressing		
French	¾ to 1 T	¾ to 1 qt
Mayonnaise or Boiled	1 to 1½ T	1 to 1½ qt

APPROXIMATE AMOUNTS OF PREPARED FOODS TO SERVE FIFTY (continued)

Food	Serving Unit	Quantity
VIII Salads		
Bulky vegetable combination as cabbage or mixed vegetables	½ c	6 qt
Compact mixture as potato salad	½ c	6¼ qt
Combination fruit	½ c	6¼ qt
Fish or meat	⅔ c	8 qt
Gelatin liquid	⅓ c	4 qt
IX Soups		
Soup	1 c	3 gal

APPROXIMATE DIPPER EQUIVALENTS

Dipper No	Approximate Equivalent	Use
30	2 T plus	Drop cookies
24	2⅔ T plus	Cream puffs
20	3 T plus	Muffins cup cakes
16	4 T (¼ c)	Croquettes desserts
12	5 T plus	Vegetables desserts
10	6 T plus	Desserts
8	8 T (½ c)	Luncheon dishes

PART II

RECIPES

A poet I guess is more or less
Preoccupied with gender
Yet I though custom call me crude
Prefer to sing in praise of food
—OGDEN NASH

The formulae presented provide servings for fifty people unless otherwise stated It is recognized that many factors affect the probable yield of any formula For example, a formula that might serve adequate portions to 50 women may yield only 35 portions of the size deemed adequate in a men s commons

Attention is called to the fact that in all formulae quantities of ingredients other than liquid weighing over an ounce are given by weight and all liquid ingredients are indicated by measure This is done as a means of facilitating the production of standardized products The limitations of time and space lead to the inclusion in this book of formulae only those that are basic to the everyday meals in the average food service Whenever possible variations of a basic formula are given rather than the presentation of numerous recipes It is hoped by this means attention may be focused on the essentials rather than dispersed among details

Sodium aluminum sulphate baking powder was used in testing these recipes

Eggs weighing approximately 2 oz each were used in the preparation of recipes

All steamed foods were steamed under approximately 5 lb pressure

The weights given are for food as purchased (A P) unless otherwise stated

The cooking time given in each recipe is based on the size of the pan and the amount of the product in the pan If a larger or smaller

pan is used, the cooking time will need to be corrected accordingly

Food to be held on the steam table for some time will need to be more moist than food to be served at once, for example, macaroni and cheese

Should the user wish to increase or decrease the recipe, the amounts of each ingredient may be inserted in the left hand column provided in each recipe for this purpose



APPETIZERS

When work seems
  rather dull to me
And life is not so
  sweet
One thing at least can
  bring me joy—
I simply love
  to eat!

—REBECCA McCANN

Appetizers are often served at the beginning of a meal to stimulate the appetite They should always be attractive in appearance spicy, and pleasing in flavor They include canapés, cocktails, hors d oeuvres, and soups

Canapes and Hors d Oeuvres

Canapes are made by cutting thin slices of bread into rounds squares, diamonds crescents strips, or other desired shapes The bread may be toasted sauted in butter on one side, or fried in deep fat The bread is then covered with a well seasoned mixture of eggs, cheese, fish or meat and garnished with a bit of some bright or interesting food

Hors d oeuvres are relishes served at the beginning of the meal They may be canapes, olives, stuffed celery deviled eggs pickles, radishes fish, sausages or a combination of these Hors d oeuvres may be arranged on individual plates when the guests are seated or a platter containing a variety of these may be passed, so that each guest may make his own selection

Canapes may be served as hors d oeuvres as the first course of a meal, or an assortment of these may be arranged on a large tray and served at afternoon teas or buffet suppers with cocktails or clear soup

CANAPE SUGGESTIONS

Spread	Shape of Bread	Preparation of Bread	Garnish
Anchovy paste	Crescent	Browned in butter	Watercress Egg whites and riced yolks
Anchovy paste ½ slice of tomato mayonnaise	Round	Toasted	Riced egg yolk and egg white Green pepper ring
Bacon and olive mayonnaise	Roll	Toasted	Parsley
Butter creamed with finely chopped watercress	Diamond	Toasted on one side	Watercress
Caviar	3[illegible] x [illegible]in Divided diagonally into 3 sections with strips of green pepper	Toasted on one side	Sprinkle chopped pickle in center and chopped red pepper in each end triangle
Clam meat catsup lemon juice Tabasco sauce salt and horse-radish	Rectangles	Toasted	Parsley
Crab meat onion fried in butter Parmesan cheese salt pepper	Diamond	Toasted	Strips of red pepper
Cheese American grated salt and cayenne	Round	Toasted after cheese is added Serve hot	Paprika
Cheese grated salt and French mustard	Round	Toasted Serve hot	Paprika
Cheese creamed with butter	Diamond	Toasted	Border of chopped stuffed olives
Cheese ground butter lemon juice Worcestershire sauce pap-rika cayenne onion juice	Round	Toasted	Slices of stuffed olives
Cheese American ground pimiento and salad dressing	Rectangle	Toasted	Pimiento strips
Parmesan cheese and heavy cream	Rectangle	Toasted	Parsley
Chicken or ham finely chopped mixed with butter highly sea soned with curry or chutney	Heart or round	Browned in butter	Cooked beets cut in heart or other fancy shapes
Finnan haddie flakes fried mush rooms and onions cream flour salt cayenne Cooked	Round	Toasted	Grated cheese and buttered bread crumbs
Lobster minced riced yolks of hard cooked eggs melted butter cream salt cayenne and mustard	Round	Toasted	Rings cut from whites of hard cooked eggs Riced hard-cooked egg yolks
Paté de foie gras	Round	Browned in butter	Riced hard-cooked eggs mixed with butter and seasoning piped around edge with pastry tube Inside border of hard-cooked egg whites Sprinkle with finely chopped parsley

CANAPE SUGGESTIONS (continued)

Spread	Shape of Bread	Preparation of Bread	Garnish
Sardines butter and Worcestershire sauce	Squares	Toasted	Stuffed olive in center border of chopped hard cooked egg whites
Smoked salmon and herring 2 of each Spread fried bread with anchovy butter and lemon juice On this place thin slices of fish	Rectangle	Fried in deep fat	Anchovy butter piped around rectangle with pastry tube

COCKTAILS

Cocktails are made of fruit pieces, fruit or vegetable juice, carbonated or alcoholic beverages, or a combination of these They may also be made of certain sea foods such as oysters, shrimp, crab, or lobster and served with a highly seasoned sauce

COCKTAIL SAUCE

Amount		Ingredient	Method
1 qt		Chili sauce	Mix all ingredients and chill
	1 pt	Catsup	
	1 c	Lemon juice	
	2 T	Onion juice	
	2½ c	Celery chopped fine	
	5 t	Worcestershire sauce	Yield approx 2 qt

Note This sauce may be used for clam crab meat lobster oyster or shrimp cocktail

CRAB MEAT COCKTAIL

Amount	Ingredient	Method
1 qt	Catsup	
1 pt	Chili sauce	
1/2 c	Horseradish fresh grated	
[illegible] T	Worcestershire sauce	
3 T	Onion juice	
1/2 c	Celery chopped fine	
4 T	Green pepper chopped fine	
2 t	Salt	
	Mix all the above ingredients	
	Chill	
	Pour sauce over crab meat	
4 qt	Crab meat flaked	Mixed
1/2 c	Lemon juice	
		Yield approx 4 1/2 qt

Note This cocktail may be served in cocktail glasses tomato or lettuce cups with pimiento strips as a garnish Other shell fish may be substituted for crab

SHRIMP COCKTAIL

Amount	Ingredient	Method
17 lb (50 medium)	Tomatoes	Scoop out center of tomato and
	Fill tomato shells with	
2 lb	Shrimp cut 1/2 in pieces	Mixed
1 qt	Celery diced	
1 pt	Cucumber diced	
2 T	Lemon juice	
2 t	Salt	
1 t	Paprika	
2 t	Mustard prepared	

Note May be garnished with mayonnaise and whole shrimp and served on lettuce or watercress as a salad

LIME COCKTAIL

Amount	Ingredient	Method
1 gal	Lime ice	Place a No 20 dipper in a sherbet dish
	Pour over ice	
7 c	Orange juice—Approximately 2 T per cup	

MINTED PINEAPPLE COCKTAIL

Amount	Ingredient	Method
2 No 10 cans	Pineapple tidbits	Mix just before serving
1 lb	Mints (white soft)	

Note Garnish with a *maraschino cherry*

FRUIT CUP OR COCKTAIL SUGGESTIONS

Name	Ingredients
Avocado	Cut avocado into cubes Serve in small glasses with sauce made of 1 part catsup 2 parts orange juice and a few drops of onion juice
Avocado Grapefruit	Cut avocado into sections Combine with grapefruit sections Chill Serve with cocktail sauce
Avocado Pineapple	Mix pineapple tidbits grapefruit segments and avocado cubes Cover with a dressing made from pineapple juice honey and lemon juice
Banana	Cut bananas into ¼ in pieces Arrange in cocktail dishes Pour chilled crushed pineapple over bananas Garnish with a fresh berry or maraschino cherry
Cranberry Grapefruit	Arrange grapefruit sections in cocktail dishes Cover with chilled cranberry juice
Fruit Cocoanut	Combine diced orange sections pineapple and shredded cocoanut Chill and serve
Grapefruit	Cut grapefruit in halves and remove centers and seeds Cut fruit from skin with a sharp knife Add 1 t butter and 1 oz sugar to each center Broil in a hot oven until fruit turns a golden brown
Grapefruit Blackberry	Arrange grapefruit sections in cocktail dishes Cover with chilled blackberry juice and a few berries
Honeydew	Combine chilled pineapple tidbits and juice with honey dew melon balls seedless grapes and a little grenadine sirup Place a grape or ivy leaf under cocktail dishes
Mint Cup	Cubes of fresh or canned pineapple and pear with mint or lime ice
Maraschino Cup	Grapefruit and pineapple sections with maraschino ice
Melon Cup	Cut small round balls from heart of ripe watermelon cantaloupe or honeydew melon or use a combination of the three *Chill thoroughly* Cover with ginger ale and allow to stand ½ hr Drain before serving and cover with fresh ginger ale
Orange Cup	Orange sections with *orange ice or orange sections* sprinkled with powdered sugar covered with pine apple and lemon juice and garnished with mint leaf

FRUIT CUP OR COCKTAIL SUGGESTIONS (continued)

Name	Ingredients
Pineapple Cup	Cubes of fresh pineapple and fresh strawberries
Raspberry Cup	Fresh raspberries topped with raspberry ice
Red Raspberry	Prepare fresh raspberries Add sugar Chill Place in cocktail dishes Add lime juice and garnish with mint leaves
Rhubarb-Strawberry	Cut rhubarb into pieces Cook sweeten Chill Combine with strawberries
Royal Anne	Combine Royal Anne cherries with crushed pineapple and add diced bananas and orange juice Chill
Strawberry	Arrange a few green leaves on each plate Form a mound of powdered sugar in the center Around the sugar arrange 5 or 6 large unhulled strawberries
Strawberry Cup	Fresh strawberries topped with strawberry ice
Vegetable	Separate raw cauliflower into small flowerets Mix with chili sauce lemon juice Worcestershire sauce Tabasco sauce salt and celery cut very fine Garnish with parsley and serve
White Grape	Prepare and chill small white grapes Serve in cocktail dishes with orange juice Garnish with Maraschino cherries

Note Ginger Ale may be poured over those recipes designated as Cups

SPICED FRUIT COCKTAIL

Amount	Ingredient	Method
1 lb	Sugar	Bring to boiling point and boil 1 min
1/2 stick	Cinnamon	
1 t	Cloves whole	Strain
1 c	Water	Chill
	Add	
1 No 10 can	Pineapple diced drained	
2 No 2 1/2 cans	Grapefruit	
12 oz	Tokay grapes	
1 qt	Fruit juice	

Note Garnish with a fresh mint leaf

For fruit and vegetable juice cocktails see Beverages

BEVERAGES

Now to the banquet we press,
Now for the eggs and the ham
Now for the mustard and cress!
Now for the strawberry jam
Now for the tea of our host!
—W S GILBERT, *Fables*

COCOA

Amount		Ingredient	Method
1 lb	8 oz	Sugar	Mix
	8 oz	Cocoa	
	½ t	Salt	
		Add	
1 qt		Water	Mix until smooth Heat to boiling point boil 3 min
		Add to	
9 qt		Milk hot*	Yield approx 2½ gal

NOTE Beat well with French whip just before serving
Variations
1 Add a marshmallow to each cup just before serving
2 Add 2 oz butter
3 Add 1 t vanilla

* Reconstructed dried milk p 6 may be used

CHOCOLATE

Amount		Ingredient	Method
1 lb		Chocolate	Melt in a double boiler
		Add	
2 qt		Water boiling	Stir until smooth Cook 30 min
		Add	
1 lb 8	oz	Sugar	
	½ t	Salt	
		Add to	
8 qt		Milk hot	Beat until foamy Yield approx 2½ gal

FRENCH CHOCOLATE

Amount		Ingredient	Method
1 lb	2 oz	Chocolate	Combine and cook over direct heat 5 min stirring constantly Beat with a rotary beater until smooth
	3 c	Water cold	
		Add	
2 lb	8 oz	Sugar	
	1/2 t	Salt	
		Return to fire and cook 5 min Cool Mix with	
	3 1/2 c	Cream whipped	

Place 1 rounded tablespoon of chocolate mixture in each serving cup and pour hot milk over it filling cup Stir well to blend Serve as soon as mixed

Coffee

The method used to prepare coffee in large quantities will depend upon the equipment the amount to be made, the blend and kind of coffee and the chemical composition of the water Regardless of the method used in the preparation of coffee the following precautions should be observed The coffee must be (1) fresh and of a satisfactory blend (2) satisfactory grind and (3) accurately measured

Precautions in regard to water are quite as important as those for the coffee It should be (1) freshly drawn, (2) freshly boiled, and (3) accurately measured

COFFEE

Amount		Ingredient	Method
2 1/2 to 3 gal		Water boiling	
		Add	
1 lb		Coffee	Mixed and placed in a large cloth bag
	1 c	Water cold	
	1	Egg	
		Bring to the boiling point (will require about 15 min)	
			Yield 2 1/2 to 3 gal

TEA (hot)

Amount	Ingredient	Method
2¼ oz	Tea	Place in a loose bag. Place bag in an enamel or earthenware container
	Add	
2 gal	Water boiling	
	Steep for 3 min Remove bag	

NOTE The tea leaves may be placed in a sieve and boiling water poured slowly over them The amount of tea to be used may vary with the quality

RUSSIAN TEA

Amount	Ingredient	Method
4 qt	Tea hot strong	Mix
¾ t	Cloves	
1½ t	Cinnamon	
	Add	
2	Lemons, juice of	
4	Oranges juice of	
1 pt	Grape juice	
1 lb	Sugar	
	Strain and serve hot	
		Yield approx 5 qt

SPICED TEA

Amount	Ingredient	Method
6 qt	Water boiling	Mix. Let simmer 20 min
1 lb 8 oz	Sugar	
2	Lemons rind and juice	
4	Oranges rind and juice	
4 t	Whole cloves	
8 sticks	Cinnamon	
	Pour over	
3 T	Tea	Let stand 5 min
	Strain and serve hot	
		Yield approx 6 qt

LEMONADE

Amount	Ingredient	Method
1¼ qt	Lemon juice (approx 30 lemons)	Mix
2 lb 8 oz	Sugar	
	Add	
9 qt	Water, cold	Stir until dissolved
	Chill	
		Yield approx 2¼ gal

SPICED CIDER (hot)

Amount	Ingredient	Method
2½ gal	Cider	
	Add	
4 lb	Sugar, brown	
	Add	
10	Cinnamon sticks, 2 in	Tied loosely in a bag
2½ T	Cloves, whole	
2½ T	Allspice	
½ t	Mace	
1 t	Salt	
f g	Cayenne	
	Bring slowly to the boiling point	
	Boil 15 min Remove spices Serve hot	
		Yield approx 2½ gal

SPICED CIDER (cold)

Amount	Ingredient	Method
2 gal	Cider	Heat slowly, stirring often Strain Chill
2 T	Cloves, whole	
2 T	Allspice berries	
8	Cinnamon sticks, 2 in	
	Add orange juice and lemon juice to taste	
		Yield approx 2 gal

HOT SPICED TOMATO JUICE

Amount	Ingredient	Method
3 qt	Tomato juice	Boil together 5 min Strain
8 oz	Onions	
3	Bay leaves	
12	Cloves	
1 T	Mustard	
6	Celery stalks	
1½ oz	Salt	
	Add	
3 qt	Consomme	
	Serve hot	
		Yield 50 servings (½ c)

TOMATO JUICE I

Amount	Ingredient	Method
6 qt	Tomato juice	Combine Heat to boiling point Boil 10 min Strain Chill
2 T	Salt	
12	Bay leaves	
1 oz	Cloves	
		Yield approx 6 qt

TOMATO JUICE II

Amount	Ingredient	Method
6 qt	Tomato juice	Mix ingredients Chill
½ c	Lemon juice	
2 T	Worcestershire sauce	
½ t	Tabasco sauce	
2 T	Celery salt	
		Yield approx 6 qt

Note For variety
1 Omit the seasonings use 4 qt tomato juice and 2 qt sauerkraut juice
2 Substitute yellow tomato juice for the regular tomato juice

CRANBERRY JUICE

Amount	Ingredient	Method
4 lb 8 oz	Cranberries	Cook and strain
4½ qt	Water	
1 T	Cloves whole	
	Add	
1 lb 8 oz	Sugar	Stir until dissolved Chill
	Just before serving add	
½ c	Lemon juice	
		Yield approx 1 gal

NOTE For variety add an equal quantity of orange juice and serve hot

FRUIT PUNCH

Amount	Ingredient	Method
18 (size 150)	Oranges	Extract juice
12	Lemons	
4 (size 80)	Grapefruit	
	Add	
4 lb	Sugar	Stir until dissolved
	Add	
	Ice water—To make 2¾ gal of liquid	
	When ready to serve add	
1 qt	Ginger ale	
		Yield 3 gal

GINGER ALE FRUIT PUNCH

Amount	Ingredient	Method
1½ qt	Lemon juice	
1½ qt	Orange juice	
6 qt	Water	
4 lb	Sugar	
1 qt	Pineapple juice	
	When ready to serve add	
2 qt	Ginger ale	
		Yield 3 gal

NOTE Lime ice may be added to the punch just before serving

GRAPE PUNCH

Amount		Ingredient	Method
4 qt		Grape juice	
1 qt		Lemon juice	
	1 pt	Orange juice	
		Add	
2 lb		Sugar	Stirred until sugar is dissolved
6½ qt		Water	
			Yield 3 gal

PUNCH (with tea base)

Amount		Ingredient	Method
1 lb	12 oz	Sugar	
	1 c	Lemon juice	
	1 c	Orange juice	
	1 pt	Grape juice	
	1 pt	Tea infusion (1 T tea to 1 pt water Let stand 4 min)	
7 qt		Water	
1 lb		Pineapple shredded	
1 lb		Cherries	
			Yield approx 2½ gal

RHUBARB PUNCH

Amount		Ingredient	Method
8 lb		Rhubarb tender	Cook below boiling point and strain (There should be 1 gal of juice) Chill
4 lb		Sugar	
3 qt		Water	
		Just before serving add	
	1 pt	Pineapple juice	
1 qt		Ginger ale	
			Yield approx 5½ qt

Note The cocktail should be a delicate pink color

BREADS

Behind the nutty loaf is the mill wheel behind the mill is the wheat field on the wheat field rests the sunlight above the sun is God

—James Russell Lowell

BOSTON BROWN BREAD

Amount		Ingredient	Method
1 lb	12 oz	Cornmeal	Mix
2 lb		Flour whole wheat	
2 lb		Flour white	
	2 T	Salt	
		Add	
1 qt		Sorghum	Mixed
	2 oz	Soda	
2 qt		Milk sour	
	8 oz	Fat melted	
		Fill 14 cans (5 x 3¼ in) ¾ full	

Cover and steam 1½ to 2 hr

BROWN BREAD

Amount		Ingredient	Method
1 lb	8 oz	Sugar brown	Mix
	4	Eggs	
	6 oz	Fat melted	
		Add alternately	
2 qt		Milk sour	Mixed
	2½ T	Soda	
	1¼ c	Molasses	
		and	
4 lb		Flour whole wheat	
	1 T	Salt	
		Pour into oiled pans 4 x 9 in	

Bake 45 min 375°F Yield 7 loaves

Note For pecan brown bread add 1½ c chopped pecans

GRAPE PUNCH

Amount		Ingredient	Method
4 qt		Grape juice	
1 qt		Lemon juice	
	1 pt	Orange juice	
		Add	
2 lb		Sugar	Stirred until sugar is dissolved
6½ qt		Water	
			Yield 3 gal

PUNCH (with tea base)

Amount		Ingredient	Method
1 lb	12 oz	Sugar	
	1 c	Lemon juice	
	1 c	Orange juice	
	1 pt	Grape juice	
	1 pt	Tea infusion (1 T tea to 1 pt water Let stand 4 min)	
7 qt		Water	
1 lb		Pineapple shredded	
1 lb		Cherries	
			Yield approx 2½ gal

RHUBARB PUNCH

Amount		Ingredient	Method
8 lb		Rhubarb tender	Cook below boiling point and strain (There should be 1 gal of juice) Chill
4 lb		Sugar	
3 qt		Water	
		Just before serving add	
	1 pt	Pineapple juice	
1 qt		Ginger ale	
			Yield approx 5½ qt

Note The cocktail should be a delicate pink color

BREADS

Behind the nutty loaf is the mill wheel behind the mill is the wheat field on the wheat field rests the sunlight above the sun is God

—James Russell Lowell

BOSTON BROWN BREAD

Amount		Ingredient	Method
1 lb	12 oz	Cornmeal	Mix
2 lb		Flour whole wheat	
2 lb		Flour white	
	2 T	Salt	
		Add	
1 qt		Sorghum	Mixed
	2 oz	Soda	
2 qt		Milk sour	
	8 oz	Fat melted	
		Fill 14 cans (5 x 3¼ in) ¾ full	

Cover and steam 1½ to 2 hr

BROWN BREAD

Amount		Ingredient	Method
1 lb	8 oz	Sugar brown	Mix
	4	Eggs	
	6 oz	Fat melted	
		Add alternately	
2 qt		Milk sour	Mixed
	2½ T	Soda	
	1¼ c	Molasses	
		and	
4 lb		Flour whole wheat	
	1 T	Salt	
		Pour into oiled pans 4 x 9 in	

Bake 45 min 375 F Yield 7 loaves
Note For pecan brown bread add 1½ c chopped pecans

NUT BREAD

Amount			Ingredient	Method
3	lb		Flour	Mix
		1 oz	Baking powder	
1	lb		Nuts chopped	
		1 T	Salt	
1	lb	8 oz	Sugar	
			Add	
1½ qt			Milk	Combined
		6	Eggs, beaten	
			Add	
		4 oz	Fat melted	

Pour the mixture into oiled loaf pans approximately 4 x 9 in and let stand 30 min
Bake 1 hr 375°F Yield 5 loaves

ORANGE BREAD

Amount			Ingredient	Method
1 lb	8	oz	Orange peel cut fine	Boil 20 min Drain
1 qt			Water	
	1	T	Salt	
			Add	
2 lb			Sugar	Boil until 2⅔ c sirup is left
	1⅓ c		Water	
			Drain sirup from peel Cool To the sirup	
			Add	
	4		Eggs beaten	Mixed
1 qt			Milk	
	6	T	Baking powder	
1 lb	12	oz	Flour	
			Add	
			Orange peel	Mixed
	2	oz	Flour	
			Pour into 6 oiled pans approx 3½ x 9 in	

Bake 1 hr 325°F
Note The orange sirup with peel may be used in the preparation of orange rolls

COFFEE CAKE

Amount	Ingredient	Method
3 lb 12 oz	Flour	Mix
2½ oz	Baking powder	
2 T	Salt	
10 oz	Sugar	
1 t	Nutmeg	
	Add	
10	Eggs beaten	Mixed
2 qt	Milk	
	Add	
5 oz	Fat melted	Mix
	Pour into two 12 x 18 in pans	
	Pour over batter	
8 oz	Butter melted	
	Sprinkle with sugar mixture	
1 lb	Sugar	Mixed
2½ oz	Flour	
3 T	Cinnamon	
2 t	Salt	

Bake 25 min 400°F

SPICED COFFEE CAKE

Amount	Ingredient	Method
2 lb 12 oz	Sugar brown	Cream
14 oz	Fat	
	Add	
8 oz	Flour	Mixed
1 T	Cinnamon	
2 t	Salt	
	Save 2½ c of sugar flour mixture to sprinkle on top	
	Add	
2 lb	Flour	Mixed
4 t	Baking powder	
	Add	
1½ pt	Milk sour	Mixed
2 t	Soda	
	Add	
4	Eggs beaten	
	Pour into an oiled pan 12 x 24 in Cover with sugar flour mixture	

Bake approx 25 min 400 F

Yield 60 servings

CORN BREAD

Amount		Ingredient	Method
1 lb	11 oz	Cornmeal	Sift together
1 lb	12 oz	Flour	
	10 oz	Sugar	
	1 T	Salt	
	3 oz	Baking powder	
		Add	
1½ qt		Milk	
		Add	
	6	Eggs well beaten	
		Add and mix thoroughly	
	3 oz	fat melted	

Bake 25 min 400 F — Yield two pans 12 x 18 in

SPOON BREAD

Amount		Ingredient	Method
6¾ c		Milk	Scald
		Add	
2 lb		Cornmeal	Mix and cook approx 5 min
	2 oz	Salt	
		Add slowly	
30		Eggs beaten	
	7 oz	Butter melted	
	2½ oz	Baking powder	
		Pour into 2 pans 9 x 15 in and place in pans of hot water	

Bake 45 min 350°F — Yield 50 servings

FRENCH TOAST

Amount	Ingredient	Method
18	Eggs beaten	Mix
1½ qt	Milk	
1 T	Salt	
5 oz	Sugar	
	Dip slices of bread into mixture	
	Fry on a well oiled griddle	

Yield 50 servings

Note Sugar may be omitted

BISCUITS

Amount	Ingredient	Method
5 lb	Flour	Mix
5 oz	Baking powder	
1½ oz	Salt	
	Add	
1 lb 4 oz	Fat	Blend with dry mixture
	Add	
1¾ to 2 qt	Milk	*Mix well*

Place one half of dough on floured board and knead for one minute
Roll or pat to ¾ in thickness and cut with a 2¼ in cutter Place on baking sheet Repeat using remaining dough
Bake 15 min 425 F

Yield 100 biscuits

VARIATIONS OF PLAIN BISCUITS

Kind	Changes in Plain Recipe
Drop	Add 1 qt of milk Drop from spoon on oiled baking sheet
Cheese	Use 4 oz less fat and add 1 lb dry grated cheese
Cinnamon	Divide dough into 8 parts Roll each part into a rectangular sheet ¼ in thick Spread with a mixture of 1 lb sugar 2 oz cinnamon and 1 lb of raisins Roll the dough and cut off slices ¾ in thick Bake 15 min 375°F
Butterscotch	Proceed as for cinnamon biscuits Spread with melted butter and brown sugar
Cream	Substitute coffee cream for milk and 8 oz of the fat
Nut	Proceed as for plain biscuit Cut with fancy cutter sprinkle with 2 c finely chopped nuts and 1 c sugar mixed
Whole Wheat	Substitute 2 lb of whole wheat flour for 2 lb of white flour
Sweet Potato	Add 1 T of baking powder to dry ingredients and 4 c of mashed sweet potatoes to milk
Filled	*Roll dough into a sheet ¾ in thick* Cut dough with a cutter 1¾ in in diameter Cut out centers of half the biscuits using a cutter ¾ in in diameter Place biscuit ring on a whole biscuit Fill centers with ½ oz jam
Orange	Proceed as for cinnamon rolls Spread *with orange marmalade*
Shortcake	Add 8 oz fat and 8 oz of sugar

MUFFINS (plain)

Amount		Ingredient	Method
2 lb	8 oz	Flour	Mix
	2 oz	Baking powder	
	1½ T	Salt	
	6 oz	Sugar	
		Add	
	4	Eggs beaten	Mixed
1½ qt		Milk	
		Add	
	8 oz	Fat melted	Mix
		Use a No 20 dipper to fill muffin tins	

Bake 25 min 400° F Yield 5 doz

NOTE Stir only enough to mix

VARIATIONS OF PLAIN MUFFINS

Kind	Changes in Plain Recipe
Date	Add 1 lb chopped dates
Bacon	Substitute 10 oz chopped bacon slightly broiled and its fat for the fat of plain muffins
Cornmeal	Substitute 1 lb white cornmeal for 1 lb of flour
Jelly	Drop ½ to ¼ t jelly on top of each muffin when placed in oven
Berry	(a) Combine 1 lb fresh berries with the flour and add 4 oz sugar
	(b) Add 2 c well drained cooked berries to the liquid ingredients
Cranberry	Add 1 lb raw cranberries and 4 oz sugar
Nut	Add 12 oz chopped nuts
Raisin Nut	Add 6 oz chopped nuts and 8 oz chopped raisins
All Bran	Add 1 egg 6 oz All Bran and 1 oz sugar
Fig	Add 2 c drained chopped canned figs to the liquid ingredients
Currant	Add 8 oz chopped currants
Apricot	Add 3 c drained chopped dried apricots to the liquid ingredients
Spiced	Add 1½ t cloves 1 t ginger and 1 t allspice to the dry ingredients
Vanilla	Add 2 t vanilla to liquid ingredients
Pineapple	Use 1 c less milk and add 12 oz crushed pineapple (drained) to liquid ingredients

GRAHAM GEMS

Amount	Ingredient	Method
2 lb	Flour	Mix together
1 lb	Flour graham	
6 oz	Sugar	
4 oz	Baking powder	
1½ oz	Salt	
	Add	
6	Eggs beaten	Mixed
1¾ qt	Milk	
1 T	Molasses	
	Add	
8 oz	Fat melted	Mix
	Measure with a No 20 dipper	

Bake 30 min 400 F — Yield approx 6 doz

NOTE Stir only enough to mix

HONEY CORNFLAKE MUFFINS

Amount	Ingredient	Method
8 oz	Fat	Cream
11 oz	Honey	
	Add	
4	Eggs well beaten	
	Add milk alternately with flour mixture	
1 qt	Milk	
1 lb 12 oz	Flour	Mixed
2⅔ oz	Baking powder	
1 t	Salt	
	Add	
8 oz	Cornflakes	
	Measure with a No 16 dipper	

Bake 20 min 400 F — Yield 48 muffins

NOTE All Bran may be substituted for cornflakes Soak All Bran in the milk for 5 min

CORN FRITTERS

Amount		Ingredient	Method
2 lb		Flour	Sift together
	1⅓ t	Salt	
	4 T	Baking powder	
	2 T	Sugar	
		Add	
	6	Eggs beaten	Mixed
1 qt		Milk	
	3 oz	Fat melted	
	1½ pt	Corn drained	
		Mix measure with a No 24 dipper (scant) Fry in deep fat	

Fry approx 2 to 5 min 375°F Yield 100 small fritters

DUMPLINGS

Amount			Ingredient	Method
2 lb	8 oz		Flour (or more)	Mix
	3 oz		Baking powder	
	1½ oz		Salt	
			Add	
	6		Eggs beaten	Combined
	5½ c		Milk	
			Mix well	

Dip with a No 24 dipper and drop on oiled trays
Do not cover trays Place in steamer
Steam 12 to 15 min under pressure
Note Serve with meat stew

GRIDDLE CAKES

Amount		Ingredient	Method
2 lb	4 oz	Flour sifted	Sift together
	2 oz	Baking powder	
	1 T	Salt	
	6 oz	Sugar	
		Add and mix thoroughly	
	6	Eggs beaten	Combined
1½ qt		Milk	
	6 oz	Fat melted	

Dip batter with No 16 dipper and place on griddle Bake on one side until firm around edge and full of bubbles Turn and finish baking
Bake approx 3 to 4 min 25 servings 2 cakes per serving

SWEDISH TIMBALE CASE BATTER

Amount	Ingredient	Method
3	Eggs beaten	Mix
1½ c	Milk	
1½ t	Oil or melted fat	
	Add	
6 oz	Flour	Mixed
1 t	Salt	
1½ t*	Sugar	
	Stir until smooth Pour into a cup and let stand until the air bubbles have come to the top Fry with a timbale iron in deep fat	

Fry 350° to 390° F until brown

NOTE This recipe may be used to make either rosettes or timbales Serve timbales filled with creamed chicken or peas Serve rosettes sprinkled with powdered sugar heaped with fresh or preserved fruits and garnished with whipped or ice cream or may be used the same as timbales

WAFFLES

Amount		Ingredient	Method
3 lb		Flour sifted	Sift together
	6 T	Baking powder	
	2 T	Salt	
	4 oz	Sugar	
		Add	
18		Egg yolks beaten	Combined
2¼ qt		Milk	
		Add	
1 lb		Fat melted	
		Fold in	
18		Egg whites beaten stiffly	

Bake on a hot waffle iron Yield 1½ gal batter

NOTE Serve immediately with sirup and butter or with creamed chicken

For variety add

1 Chopped pecans 6 oz
2 All bran 4 oz
3 One lb chopped bacon slightly broiled and substitute its fat for the fat of waffles

Or substitute

1 12 oz fine cornmeal for 8 oz flour

PLAIN ROLLS

Amount	Ingredient	Method
1½ qt	Milk	Scald
	Pour over	
4 oz	Sugar	Let cool until lukewarm
2½ T	Salt	
12 oz	Fat	
	Add	
3 oz	Yeast (6 cakes)	Stir
	Add	
4 lb 12 oz	Flour	Mix thoroughly
	1 Turn into greased pan and let rise until double in bulk	
	2 Knead and let rise again	
	3 Knead shape and let rise	
	4 Bake	

Bake 15 to 20 min 425 F Yield 100 rolls

NOTE It will require about 4 to 5 hr for mixing and rising

VARIATIONS OF PLAIN ROLLS

Kind	Changes in Plain Recipe
Butterhorn	When dough has doubled in bulk roll to ¼ in thickness Cut 3 in triangles of dough brush with melted butter Roll each triangle to the center starting with wide side Brush again with melted butter
Parkerhouse	When dough has doubled in bulk roll to ⅓ in thickness Cut rounds 2 to 2½ in in diameter Crease middle of each round with dull edge of knife Brush half of each round with melted butter fold over press together with palm of hand
Cloverleaf	Shape small bits of dough mixture into balls Fit into oiled muffin pans allowing 3 balls for each roll
Cinnamon	Roll dough ⅓ in thick spread with melted butter and 3 T cinnamon mixed with 4 c brown or white sugar and 1 c raisins Roll dough as for jelly roll cut in slices ¾ in thick Place (cut surface down) in well greased pans or muffin tins When removed from oven spread over top 1 c powdered sugar mixed with ½ c milk
Orange	To make orange rolls spread with orange sirup (See Orange Bread recipe p 54) Proceed as for Cinnamon Rolls
Hot Cross Buns	Cut rounds ½ in thick 3 in in diameter Brush top with beaten egg Score top of bun to make cross before baking or after baking make a cross on top with frosting

VARIATIONS OF PLAIN ROLLS (continued)

Kind	Changes in Plain Recipe
Crescents	Roll 1/8 in. thick. Cut into 4 in. squares. Cut these into 2 triangles, brush top with melted fat. Begin at base, roll each triangle keeping point in middle of roll and bringing ends toward each other to form a crescent shape. Place on *oiled baking sheet some distance apart*
Pecan Rolls	Shape as for cloverleaf or cinnamon rolls. In the bottom of each muffin pan place a portion of melted fat, brown sugar and pecans mixed. Use 2 1/2 lb. sugar, 12 oz. pecans, 8 oz. fat. Invert pan as soon as removed from oven
Twists	Roll dough 1/3 in. thick, spread with melted butter, sugar and cinnamon. Cut into strips 1/3 in. x 8 in., bring the two ends together and twist dough
Poppy Seed	(1) Proceed as for Twists. Substitute poppy seeds for sugar and cinnamon (2) Proceed as for Cinnamon Rolls. Substitute poppy seed for sugar, cinnamon, and raisins
Sesame	Proceed as for Twin Rolls. Brush top with melted fat and sprinkle with sesame seeds
Bow Knot	Roll dough 1/3 in. thick. Spread with melted butter. Cut into strips 1/2 in. x 9 in. Tie loosely into a single knot
Twin	Roll dough 5/8 in. thick. Cut rounds 1 in. in diameter. Place in well oiled muffin pans allowing 2 rounds for each roll
Half and Half	Proceed as for Twin Rolls. Use 1 round of plain dough and 1 round of whole wheat dough for each roll
Ribbon	Roll dough 1/4 in. thick. Spread with melted butter. Place on top of this a layer of whole wheat dough rolled to the same thickness. Repeat, using the contrasting dough until five layers thick. Cut with a 1 1/2 in. cutter. Place in oiled muffin pans with cut surface down
Cheese	Proceed as for Cinnamon Rolls. Use grated well ripened cheese in place of cinnamon, sugar, and raisins
Whole Wheat	Substitute 2 lb. and 6 oz. of whole wheat flour for 2 lb. and 6 oz. of white flour. Proceed as for plain rolls

ICE BOX ROLLS

Amount		Ingredient	Method
1½ qt		Milk	Place in a pan and bring to the boiling point Let cool until lukewarm
	1½ c	Potatoes mashed	
	12 oz	Sugar	
	12 oz	Fat	
	2 oz	Salt	
		Add	
	½ T	Soda	
	1½ oz	Yeast (3 cakes compressed)	
	1 T	Baking powder	
4 lb		Flour—Add only enough to make a stiff batter Let rise 15 min	

Add flour to make a stiff dough Knead and put in ice box for 24 hr Before using remove from ice box mold and let rise 1 to 1½ hr
Bake 15 to 20 min 425°F Yield 6 doz

BRAN ROLLS

Amount		Ingredient	Method
1 lb		Fat	Mix Stir until fat is melted Let stand until mixture is lukewarm
	1 pt	Water boiling	
	12 oz	Sugar	
	1 T	Salt	
	4 oz	All Bran	
		Add	
2 oz	(4 cakes)	Yeast compressed	Dissolved
	1 pt	Water lukewarm	
		Add	
	4	Eggs beaten	
		Add	
3 lb		Flour (more if necessary)	Beat thoroughly

Cover and place in refrigerator over night or until ready to use Remove from refrigerator form balls of dough to half fill muffin tins Let rise 2 hr
Bake 15 min 425°F Yield 6 doz

RAISED MUFFINS

Amount	Ingredient	Method
1½ qt	Milk	Scald
	Pour over	
[illegible] oz	Salt	Let cool until lukewarm
12 oz	Sugar	
9 oz	Fat	
	Add	
3 oz	Yeast compressed	Dissolved
1½ c	Water lukewarm	
	Add	
12	Eggs beaten	
	Add	
2 lb	Flour	Beat Let rise in a warm place for 1½ hr
	Add	
2 lb 12 oz (approx)	Flour	Beat

Use a No 20 dipper to fill muffin tins Let rise until double in bulk (approx 1 hr)
Bake 20 min 350 F Yield 8 doz

BUTTER BUNS

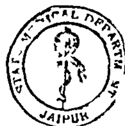
Amount	Ingredient	Method
1 qt	Milk	Scald and let cool until lukewarm
	Add	
4 oz	Yeast	
	Add	
1 lb	Sugar	Creamed
1 lb 8 oz	Butter	
	Add and mix thoroughly	
12	Eggs beaten	
16	Egg yolks beaten	
4 lb 6 oz	Flour	
2 T	Salt	
4 t	Lemon extract	

Let rise until double in bulk Use a No 30 dipper to fill muffin tins Let rise 1 hr
Bake 15 to 20 min 400 F Yield 10 doz

NORWEGIAN SPICE BREAD

Amount		Ingredient	Method
	1 oz ¼ c	Yeast Water lukewarm	Dissolve
		Add	
	1 pt	Milk scalded and cooled to lukewarm	
	8 oz	Flour	
	1 t	Cardamon seed crushed	
		Add	
	8 oz 8 oz 1 t	Butter Sugar Salt	Mix
1 lb		Flour (or more)	
		(Mixture should be consistency of loaf cake batter)	
		Add	
	12 oz 4 oz	Raisins Citron	Dusted with flour
		1 Let dough rise until double in bulk 2 Stir down and let rise again until double in bulk 3 Turn onto floured board divide into 5 loaves and shape 4 Place in greased pans 5 Let rise until almost double in bulk 6 Brush top of loaves with egg and milk	

Bake 50 to 60 min 350°F — Yield 5 loaves



CAKES AND COOKIES

Fame is at best an unperforming cheat
But 'tis substantial happiness to eat
—Pope Prologue to Durfey's *Last Play*

ANGEL FOOD CAKE (SARA JANE'S)

Amount	Ingredient	Method
$1\frac{3}{4}$ c	Egg whites	Beat until frothy
	Add	
$\frac{1}{4}$ t	Salt	Continue beating until eggs are just stiff enough to hold shape
2 t	Cream of tartar	
	Add 1 T at a time	
8 oz	Sugar	
	Add	
1 to $1\frac{1}{2}$ t	Vanilla	Continue beating for 2 min
	Add gradually folding in lightly	
4 oz	Sugar	Mixed Sifted 3 times
4 oz	Flour pastry	
	Continue folding 2 min after last addition of mixture Pour into an extra size pan	

Bake 45 to 55 min 325 F or (35 min 400 F aluminum pan)

Yield 12 to 20 servings

Note Chopped candied fruits dates or nuts may be added to make Tutti Frutti Cake For Chocolate Angel Food substitute $1\frac{1}{2}$ oz cocoa for $1\frac{1}{2}$ oz flour

For variety cut a slice from top of cake Remove some of inside leaving a $\frac{3}{4}$ in wall Fill case with any gelatin mixture Replace top of cake cover with icing and garnish with almonds and cherries

Either frozen or fresh egg whites may be used The frozen egg whites should be approx 70 F when whipped

YELLOW ANGEL FOOD (EGG YOLK SPONGE CAKE)

Amount	Ingredient	Method
12	Egg yolks, well beaten	
	Add	
11 T	Water, boiling	Beat until very light, approx 5 min
¼ t	Salt	
	Add	
¾ c	Sugar, sifted	1 T at a time, beat well while adding
	Add gradually, folding in lightly	
½ c	Sugar	Mixed, sifted 3 times
1 c	Flour, cake	
	Fold in gradually, alternately	
1½ t	Baking powder	Sift together
¾ c	Flour, cake	
	and	
1 T	Lemon juice	
1 t	Lemon rind, grated	
	Add	
1 t	Vanilla extract	Continue folding 1 min
½ t	Lemon extract	
	Pour into extra size pan	

Bake 60 to 65 min, 312°F, lower temperature to 300° F and bake 10 min longer
Yield 18 to 20 servings

CHIP CHOCOLATE CAKE

Amount	Ingredient	Method
1 lb	Butter	Cream
2 lb 8 oz	Sugar	
	Add alternately	
2 lb	Flour	Sifted together
1½ oz	Baking powder	
2 t	Salt	
	and	
1 qt	Milk	
	Fold into mixture	
8 oz	Chocolate, chipped	
2 T	Vanilla	
	Fold into mixture	
12	Egg whites	

Bake 25 min, 350 F
Yield six 9-in layers

PLAIN CAKE

Amount	Ingredient	Method
1 lb 4 oz	Flour	Mix 2 min in mixer bowl (low speed) Scrape down bowl and mix 3 min more
5 oz	Fat	
2 T	Baking powder	
	Add	
1 lb 8 oz	Sugar	Mix 2 min (low speed) and scrape down bowl mix 3 min more
1 t	Salt	
1 c	Milk	
	Add ½ following mixture mix 30 sec Scrape down bowl mix 1 min Add remainder of mixture Mix 1 min Scrape down Mix 2½ min	
4	Eggs whole	Mixed
1⅓ c	Milk	
1 T	Vanilla	
	Pour into oiled pan 12 in x 20 in	

Bake 30 to 35 min 350 F Yield approx 40 servings

NOTE 2 c of water may be substituted for the 2⅓ c of milk

VARIATIONS OF PLAIN CAKE

Kind	Changes in Plain Recipe
Dutch Apple Cake	After the cake batter is poured into baking pan arrange in rows 2½ lb of pared sliced apples Sprinkle over the top ½ c sugar and 1 t cinnamon mixed
Cottage Pudding	Cut cake into squares and serve with a No 20 dipper of fruit sauce or other sauce
Spice Cake	Add 1 T cocoa 2 t cinnamon ½ t cloves and 1 t nutmeg
Washington Cream Pie	Use 1½ x recipe and bake in twelve 9-in layers Put the layers together with cream filling
Upside Down Cake	Place 1 No 10 can of crushed pineapple (or tid bits) drained 6 oz butter 1 lb brown sugar and 8 oz chopped nutmeats in the bottom of the cake pan Pour over the mixture 1 x plain cake recipe (2½ lb A P dried apricots may be cooked and used in place of the pineapple)
Chocolate Cake	Omit 6 oz flour and add 6 oz melted chocolate to the fat and flour
Marble Cake	Divide batter into 2 portions after mixing To 1 portion add 1 T cocoa 1 t cinnamon ½ t cloves and ½ t nutmeg Place spoonfuls of batters alternately in cake pans mix slightly
Lazy Daisy Cake	Mix 6 oz butter (melted) 10 oz brown sugar 12 oz cocoanut and ½ c cream (enough cream to moisten) Spread over Plain Cake (baked) and brown under broiler

WHITE CAKE

Amount	Ingredient	Method
1 lb 8 oz	Flour	Mix 2 min in mixer bowl (low speed)
12 oz	Fat	Scrape down bowl and mix 3 min more
1 oz	Baking powder	
	Add	
1 lb 8 oz	Sugar	Mix 2 min (low speed) and scrape down bowl mix 3 min more
1½ t	Salt	
1 c	Milk	
	Add ½ following mixture mix 30 sec Scrape down bowl mix 1 min Add remainder of mixture Mix 1 min Scrape down Mix 2½ min	
8	Egg whites	Mixed
1¼ c	Milk	
1 T	Vanilla	
	Pour into oiled pan 12 in x 20 in or into four 9-in layer pans	

Bake 30 to 35 min 350°F

NOTE Do not use this method if less than the above quantity is made

BANANA CAKE

Amount	Ingredient	Method
12 oz	Butter	Cream
1 lb 8 oz	Sugar	
	Add	
3 c	Bananas crushed	
	Add	
6	Eggs	Mix well
	Add alternately	
1 lb 8 oz	Flour	Mixed
¾ t	Salt	
2½ T	Baking powder	
	and	
¾ c	Milk sour	Mixed
½ T	Soda	
1 T	Vanilla	

Bake 25 to 30 min 350°F — Yield six 9-in layers

POPPY SEED CAKE

Amount	Ingredient	Method
12 oz	Poppy seeds	Soak 1 hr
2¼ c	Milk	
	Add to	
1 lb 2 oz	Butter	Creamed
2 lb 4 oz	Sugar	
	Add	
1 lb 8 oz	Flour pastry	Sifted
2 T	Baking powder	
	Add	
1 T	Vanilla	
	Fold into mixture	
12	Egg whites stiffly beaten	

Bake 25 to 30 min 350 F — Yield six 9-in layers

BURNT SUGAR CAKE

Amount	Ingredient	Method
12 oz	Butter	Cream
2 lb	Sugar	
	Add	
6	Egg yolks beaten	
	Add alternately	
1½ c	Milk	Mixed
1½ c	Water	
9 T	Sirup burnt sugar	
1 T	Vanilla	
	and	
1 lb 10 oz	*Flour*	Mixed
2 T	Baking powder	
	Fold in	
6	Egg whites beaten	
	Pour into 6 oiled 9-in cake pans	

Bake approx 25 min 375°F — Yield six 9-in layers

APPLESAUCE CAKE

Amount		Ingredient	Method
1 lb	8 oz	Sugar	Cream 15 min (second speed)
	12 oz	Shortening	
		Add	
	6	Eggs beaten	Cream 5 min (second speed)
	1½ t	Salt	
		Add water and flour mixture alternately	
	1 pt	Water	
1 lb	6 oz	Flour cake	Mixed
	2 t	Cinnamon	
	2 t	Cloves	
	½ t	Soda	
	1 t	Nutmeg	
	2 T	Baking powder	
		Add	
	1 pt	Apples cooked drain d sieved	
1 lb		Raisins	
	8 oz	Nuts chopped	

Bake 35 min 350°F — Yield four 9-in layers

FUDGE CAKE

Amount		Ingredient	Method
	12 oz	Fat	Cream
2 lb		Sugar	
		Add	
	6	Eggs	Beat well
		Add alternately	
	1½ pt	Milk sour—and	
	5 oz	Cocoa	Mixed
	1½ T	Soda	
	1½ c	Water hot	
		and	
1 lb	12 oz	Flour pastry	

Bake 25 to 30 min 350°F — Yield six 9-in layers

CHOCOLATE ROLL

Amount	Ingredient	Method
24	Eggs yolk beaten	
	Add	
2 lb 4 oz	Sugar	Mix
	Add	
12 oz	Chocolate melted	
2 T	Vanilla	
	Add	
9 oz	Flour cake	Mixed
1 T	Baking powder	Mixed
$1\frac{1}{2}$ t	Salt	Mixed
	Fold in	
24	Egg whites beaten	
	Pour into four 12 x 20-in pans lined with waxed paper	

Bake 20 min 325°F Yield 48 servings

NOTE Trim edges turn onto cloth remove waxed paper Cover with custard filling fluffy icing or quick icing flavored with peppermint Roll as jelly roll while hot

JELLY ROLL

Amount	Ingredient	Method
15	Eggs whole	Beat well
	Add	
1 lb 8 oz	Sugar	Mix well
	Fold in	
12 oz	Flour	Sifted together
1 T	Cream of tartar	Sifted together
2 T	Baking powder	Sifted together
	Add	
$\frac{3}{4}$ t	Lemon extract	
	Pour into three 12 x 20-in pans lined with waxed paper	

Bake 12 min 425 F Yield 48 servings

NOTE Trim edges turn onto cloth remove waxed paper Cover with custard filling fruit jam or jelly Roll while hot

FRUIT CAKE

Amount		Ingredient	Method
	8 oz	Butter	Cream
1 lb		Sugar	
		Add	
	4	Eggs beaten	Mix well
		Add	
	8 oz	Jelly	Partially mix
	2 t	Cinnamon	
	2 t	Cloves	
	2 t	Soda dissolved in	
	1½ c	cold coffee infusion	
2 lb		Raisins	
1 lb		Currants	
1 lb		Dates	
	8 oz	Nutmeats	
		Add	
1 lb	4 oz	Flour	
		Pour into 4 pans (3½ in x 9 in) that have been lined with a double thickness of waxed paper	

Bake 2 hr and 15 min 250 F — Yield approx 8 lb

GINGERBREAD

Amount		Ingredient	Method
1 lb		Fat	Cream
1 lb		Sugar	
		Add	
1 qt		Sorghum	
		Add alternately flour mixture and water	
2 lb	8 oz	Flour	Mixed
	4 t	Cinnamon	
	4 t	Cloves	
	4 t	Ginger	
1 qt		Water hot	Combined
	1½ oz	Soda	
		Add	
	8	Eggs beaten	
		Pour into 12 in x 20-in oiled baking pan	

Bake 45 to 50 min 325°F — Yield approx 60 servings

Note For Almond Meringue Gingerbread cover baked gingerbread with meringue sprinkle with almonds and brown in a moderate oven

ORANGE CUP CAKES

Amount	Ingredient	Method
10 oz	Fat	Cream
1 lb 1 oz	Sugar	
	Add	
1 T	Vanilla	Mix until smooth
5	Eggs beaten	
	Add	
7 oz	Raisins ground	
3	Orange rinds grated	
	Add alternately	
1¾ c	Milk sour	
	and	
1 lb 8 oz	Flour pastry	Mixed
¼ T	Soda	
1½ oz	Baking powder	
¾ t	Salt	
	Mix only until smooth Use a No 30 dipper to fill muffin tins	

Bake 25 min 375°F — Yield 50 cakes

SUGAR COOKIES

Amount	Ingredient	Method
1 lb	Sugar	Cream
8 oz	Fat	
	Add	
4	Egg yolks beaten	Mix
	Add	
8 oz	Flour	Mixed
¾ t	Salt	
2 t	Cream of tartar	
1 t	Soda	
	Mix thoroughly add	
4	Egg whites beaten	
1 t	Vanilla	
	Add	
8 oz	Flour or enough to make a soft dough	
	Roll dough on floured board to ⅜ in thickness Cut into desired shapes	

Bake approx 10 min 400 F — Yield approx 100 cookies

VARIATIONS OF SUGAR COOKIES

Kind	Changes in Plain Recipe
Autumn	Cut rolled dough with leaf cutters Sprinkle lightly with yellow orange or red sugar
Cocoanut	Cut rolled dough with a round cookie cutter Brush each cookie with melted fat and sprinkle with shredded cocoanut
Confetti Strips	Cut rolled dough into strips 3½ inches long and 1 inch wide with a pastry wheel Brush with melted fat and sprinkle with tiny multicolored candies
Filled	Cut dough with a round cutter Put fig date or mincemeat filling on ½ of cookies Brush edges with milk cover with the remaining cookies Press edges together with tines of a fork
Peanut	Cut rolled dough with crescent cutter brush with milk and sprinkle with chopped nuts
Pinwheel	Use ½ of sugar cookie recipe Divide dough into two portions Add 1 square of melted chocolate to one portion Roll each into ⅛ inch sheets the same size Place the chocolate dough over the white dough and press together Roll as for jelly roll Chill thoroughly Cut into thin slices
Ribbon	Cut chocolate and plain dough into long strips 1¾ inches wide Arrange alternately the chocolate and plain strips until 1¼ inches high Press together Chill thoroughly Cut into thin slices
Special Cookies	Cut rolled dough with heart shaped cutter for Valentine s Day hatchet cutter for Washington s birthday Sprinkle with sugar Scalloped and diamond cutters also make interesting variations
Wreath	Cut rolled dough with a doughnut cutter Brush with beaten egg and sprinkle with chopped nuts For Christmas cookies decorate with candied cherry rings and pieces of citron arranged to represent holly

BUTTER TEA COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream
4½ oz	Sugar	
	Add	
3	Egg yolks	Cream
	Add	
10 oz	Flour	
½ t	Vanilla	
	Shape with a cookie press	

Bake 10 to 12 min 400 F — Yield 50 to 75 cookies

Note Dough should be cold when shaped

CHOCOLATE TEA COOKIES

Amount	Ingredient	Method
8 oz	Butter creamed	
	Add gradually	
6 oz	Sugar	
	Add	
1	Egg unbeaten	
	Add gradually	
½ t	Baking powder	Mixed
1/8 t	Salt	
9 oz	Flour sifted	
2 T	Cocoa	
	Add	
2 t	Vanilla	
	Chill and shape with a cooky press	

Bake 6 to 10 min 375°F — Yield 50 to 75 cookies

BUTTERSCOTCH DROP COOKIES

Amount		Ingredient	Method
8	oz	Butter	Cream
12	oz	Sugar brown	
		Add	
2		Eggs beaten	
		Add in order given	
1 lb		Flour	Mixed
1	t	Cream of tartar	
⅛	t	Salt	
1	t	Soda dissolved in 4 T hot water	
1	t	Vanilla	
6	oz	Pecans chopped	
		Measure with a No 30 dipper and drop on oiled baking sheet	

Bake approx 15 min 375°F — Yield 8 doz cookies

CHOCOLATE CRUNCH COOKIES

Amount		Ingredient	Method
6	oz	Fat	Cream
6	oz	Sugar	
4	oz	Sugar brown	
		Add	
2		Eggs beaten	Mix well
		Add	
10	oz	Flour	Mixed
1	t	Salt	
1	t	Soda	
		Add	
1	t	Vanilla	
1	c	Nuts chopped	
14	oz	Chocolate sweet chopped	
		Drop from teaspoon on oiled baking sheet	

Bake 10 to 12 min 375°F — Yield 8 doz

RUSSIAN ROCKS

Amount		Ingredient	Method
9	oz	Sugar brown	Cream
8	oz	Butter	
		Add one at a time	
3		Eggs	Beat after each addition
		Add	
12	oz	Flour	Mixed
1	t	Soda	
1/4	t	Cloves	
1/4	t	Nutmeg	
1	t	Cinnamon	
6	oz	Raisins cooked	
4	oz	Nut meats chopped	
		Measure with a No 30 dipper and drop on an oiled baking sheet	

Bake approx 15 min 400°F — Yield 50 cookies

ROLLED OATS DROP COOKIES

Amount		Ingredient	Method
8	oz	Sugar brown	Cream
6	oz	Butter	
		Add	
2		Eggs beaten	
		Add	
7	oz	Rolled Oats	
		Add alternately	
8	oz	Flour	
2	t	Baking powder	
		and	
5	T	Milk	
1/2	t	Soda dissolved in 1 T water	
		Add	
6	oz	Raisins cooked chopped	
1	t	Vanilla	
		Drop from teaspoon on oiled baking sheet	

Bake approx 12 min 350°F — Yield 50–60

BUTTERSCOTCH DROP COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream
12 oz	Sugar brown	
	Add	
2	Eggs beaten	
	Add in order given	
1 lb	Flour	Mixed
1 t	Cream of tartar	
⅛ t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans chopped	
	Measure with a No 30 dipper and drop on oiled baking sheet	

Bake approx 15 min 375°F Yield 8 doz cookies

CHOCOLATE-CRUNCH COOKIES

Amount	Ingredient	Method
6 oz	Fat	Cream
6 oz	Sugar	
4 oz	Sugar brown	
	Add	
2	Eggs beaten	Mix well
	Add	
10 oz	Flour	Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 c	Nuts chopped	
14 oz	Chocolate sweet chopped	
	Drop from teaspoon on oiled baking sheet	

Bake 10 to 12 min 375°F Yield 8 doz

RUSSIAN ROCKS

Amount		Ingredient	Method
9	oz	Sugar brown	Cream
8	oz	Butter	
		Add one at a time	
3		Eggs	Beat after each addition
		Add	
12	oz	Flour	Mixed
1	t	Soda	
1/4	t	Cloves	
1/4	t	Nutmeg	
1	t	Cinnamon	
6	oz	Raisins cooked	
4	oz	Nut meats chopped	
		Measure with a No 30 dipper and drop on an oiled baking sheet	

Bake approx 15 min 400 F — Yield 50 cookies

ROLLED OATS DROP COOKIES

Amount		Ingredient	Method
8	oz	Sugar brown	Cream
6	oz	Butter	
		Add	
2		Eggs beaten	
		Add	
7	oz	Rolled Oats	
		Add alternately	
8	oz	Flour	
2	t	Baking powder	
		and	
5	T	Milk	
1/2	t	Soda dissolved in 1 T water	
		Add	
6	oz	Raisins cooked chopped	
1	t	Vanilla	
		Drop from teaspoon on oiled baking sheet	

Bake approx 12 min 350°F — Yield 50–60 cookies

BUTTERSCOTCH DROP COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream
12 oz	Sugar, brown	
	Add	
2	Eggs, beaten	
	Add in order given	
1 lb	Flour	Mixed
1 t	Cream of tartar	
1/8 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans, chopped	
	Measure with a No 30 dipper and drop on oiled baking sheet	

Bake approx 15 min 375°F Yield 8 doz cookies

CHOCOLATE-CRUNCH COOKIES

Amount	Ingredient	Method
6 oz	Fat	Cream
6 oz	Sugar	
4 oz	Sugar, brown	
	Add	
2	Eggs, beaten	Mix well
	Add	
10 oz	Flour	Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 c	Nuts, chopped	
14 oz	Chocolate, sweet, chopped	
	Drop from teaspoon on oiled baking sheet	

Bake 10 to 12 min 375°F Yield 8 doz

RUSSIAN ROCKS

Amount	Ingredient	Method
9 oz	Sugar, brown	Cream
8 oz	Butter	
	Add one at a time	
3	Eggs	Beat after each addition
	Add	
12 oz	Flour	Mixed
1 t	Soda	
1/4 t	Cloves	
1/4 t	Nutmeg	
1 t	Cinnamon	
6 oz	Raisins, cooked	
4 oz	Nut meats, chopped	
	Measure with a No. 30 dipper and drop on an oiled baking sheet	

Bake approx. 15 min. 400°F — Yield 50 cookies

ROLLED OATS DROP COOKIES

Amount	Ingredient	Method
8 oz	Sugar, brown	Cream
6 oz	Butter	
	Add	
2	Eggs, beaten	
	Add	
7 oz	Rolled Oats	
	Add alternately	
8 oz	Flour	
2 t	Baking powder	
	and	
5 T	Milk	
1/2 t	Soda dissolved in 1 T. water	
	Add	
6 oz	Raisins, cooked, chopped	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	

Bake approx. 12 min. 350°F — Yield 50–60 cookies

BUTTERSCOTCH DROP COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream
12 oz	Sugar brown	
	Add	
2	Eggs beaten	
	Add in order given	
1 lb	Flour	Mixed
1 t	Cream of tartar	
1/8 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans chopped	
	Measure with a No 30 dipper and drop on oiled baking sheet	

Bake approx 15 min 375°F Yield 8 doz cookies

CHOCOLATE-CRUNCH COOKIES

Amount	Ingredient	Method
6 oz	Fat	Cream
6 oz	Sugar	
4 oz	Sugar brown	
	Add	
2	Eggs beaten	Mix well
	Add	
10 oz	Flour	Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 c	Nuts chopped	
14 oz	Chocolate sweet chopped	
	Drop from teaspoon on oiled baking sheet	

Bake 10 to 12 min 375 F Yield 8 doz

RUSSIAN ROCKS

Amount		Ingredient	Method
9	oz	Sugar brown	Cream
5	oz	Butter	
		Add one at a time	
3		Eggs	Beat after each addition
		Add	
12	oz	Flour	Mixed
1	t	Soda	
1/4	t	Cloves	
1/4	t	Nutmeg	
1	t	Cinnamon	
6	oz	Raisins cooked	
4	oz	Nut meats chopped	
		Measure with a No 30 dipper and drop on an oiled baking sheet	

ke approx 15 min 400°F — Yield 50 cookies

ROLLED OATS DROP COOKIES

Amount		Ingredient	Method
8	oz	Sugar brown	Cream
6	oz	Butter	
		Add	
2		Eggs beaten	
		Add	
7	oz	Rolled Oats	
		Add alternately	
8	oz	Flour	
2	t	Baking powder	
		and	
5	T	Milk	
1/2	t	Soda dissolved in 1 T water	
		Add	
6	oz	Raisins cooked chopped	
1	t	Vanilla	
		Drop from teaspoon on oiled baking sheet	

Bake approx 12 min 350°F — Yield 50–60 cookies

MINCEMEAT FILLED COOKIES

Amount		Ingredient	Method
1 lb		Fat	Cream
	12 oz	Sugar brown	
		Add	
4		Eggs	Mix
		Add	
	14 oz	Rolled Oats	
	14 oz	Flour	
	2 t	Soda	
		Cut cookies with a 2¼ in cutter Bake Put 2 cookies together with mincemeat	

Bake 10 min 350°F — Yield approx 7 doz filled cookies

OATMEAL BARS

Amount		Ingredient	Method
	9 oz	Butter	Cream in mixer for 20 min
	4 oz	Shortening	
1 lb	6 oz	Sugar brown	
		Add	
1 lb		Flour	Mixed
	12 oz	Oatmeal	
	4 t	Soda	

Oil a pan 12 in x 20 in and spread with ⅗ of dough Pat down by hand Add date filling and spread evenly over entire surface Cover with remainder of dough and pat down Bake Cut into bars

Bake 45 min 325 F

DATE BARS

Amount		Ingredient	Method
12		Egg whites	Beat until stiff
		Fold in (in order given)	
12		Egg yolks beaten	
2 lb		Sugar	
1 lb		Nuts chopped	
4 lb		Dates	
1 lb		Flour	Mixed
	1½ T	Baking powder	

Bake 30 min 325°F — Yield 48 servings 1 in thick

NOTE Cut and roll in powdered sugar or serve with a rich custard sauce

CRISP GINGER COOKIES

Amount		Ingredient	Method
1	c	Molasses	Boil together 1 min
8	oz	Sugar	Cool
		Add (in order given)	
4	oz	Butter	Mix well
4	oz	Fat	
2		Eggs beaten	
		Add	
1/2	t	Salt	Mixed
1	t	Soda	
[illegible]	t	Ginger	
1 lb 12	oz	Flour (or more)	
		Form into a roll chill and slice	

…e 8 to 10 min 375°F Yield approx 90 (2 1/4 in) cookies

…r Dough may be rolled as any cookie dough and cut into fancy shapes

PEANUT BUTTER COOKIES

Amount		Ingredient	Method
8	oz	Sugar	Cream together
5 1/3	oz	Sugar brown	
4	oz	Fat	
4	oz	Butter	
		Add	
2		Eggs beaten	
1	c	Peanut butter	
		Add	
8	oz	Flour	Mixed and sifted
1	t	Soda	
1/2	t	Salt	
		Add	
1	t	Vanilla	
		Form into balls and flatten with fork	

…ke 8 min 375°F Yield approx 200 small cookies

CORNFLAKE KISSES

Amount	Ingredient	Method
4	Egg whites beaten	
		Add gradually
1 lb	Sugar sifted	
		Fold in
4 oz	Cornflakes	
8 oz	Nuts, chopped	
3 oz	Cocoanut shredded	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	
Bake 15 min 325°F		

COCOANUT DROP COOKIES

Amount	Ingredient	Method
1⅓ c	Milk condensed sweetened	Mix
1 lb	Cocoanut shredded	Mix
1 T	Vanilla	Mix
8 oz	Filberts	Mix
	Drop from teaspoon on oiled baking sheet	
Bake 12 min 325°F		Yield 50 small cookies

KRISPIE MARSHMALLOW SQUARES

Amount	Ingredient	Method
5½ oz	Butter	Melt
1 lb	Marshmallows	Melt
		Add
1 t	Vanilla	
	Pour above mixture over	
11 oz	Rice Krispies	Mix well
	Press into buttered pans to ½ in thickness Cool and cut	
		Yield 4 doz

COCOANUT MACAROONS

Amount	Ingredient	Method
5	Egg whites beaten	
	Add gradually	
12 oz	Sugar granulated	
12 oz	Sugar powdered	
2 t	Vanilla	
1/8 t	Salt	
	Fold in	
1 lb 8 oz	Cocoanut shredded	
	Drop from teaspoon on oiled baking sheet	

e 15 min 325°F
t Do not enlarge this recipe

BROWNIES

Amount	Ingredient	Method
1 lb	Butter melted	Cream
2 lb	Sugar	
12	Eggs beaten	
	Add	
12 oz	Flour	Mixed
8 oz	Cocoa	
4 t	Baking powder	
2 t	Salt	
	Add	
12 oz	Nuts chopped	
2 lb	Dates chopped	
4 T	Vanilla	

e 30 min 325 F — Yield 100 bars 1 in x 4 in
te The mixture should be 1/2 in thick in pan before baking May use 3 squares chocolate in place of cocoa Dates may be omitted

BROKAW ICE BOX COOKIES

Amount		Ingredient	Method
	12 oz	Sugar	Cream
	8 oz	Shortening	
		Add	
	3	Eggs	Beat 5 min
		Add	
1 lb	2 oz	Flour	Mixed
	1 t	Soda	
	1 t	Cloves	
	1 t	Nutmeg	
	½ t	Salt	
	6 oz	Raisins ground (or dates)	
		Form into a roll chill and slice	

Bake 10 min 400 F — Yield 60 to 70 (2½ in) cookies

BUTTERSCOTCH ICE BOX COOKIES

Amount		Ingredient	Method
	8 oz	Butter	Cream 5 min (second speed)
	8 oz	Fat	
1 lb		Sugar brown	
	12 oz	Sugar white	
		Add	
	4	Eggs beaten	Cream 5 min
	2 t	Vanilla	
		Add	
	2 t	Cream of tartar	Mixed
	8 oz	Nuts chopped	
	2 t	Soda	
	8 oz	Dates chopped	
2 lb		Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer in a cool place Cut into slices ⅛ in thick
Bake 8 to 10 min 400 F Yield approx 100 (2 in x 3 in) cookies

CHEESE AND EGG DISHES

Since what we love has always found
Expression in enduring sound
Music and verse should be competing
To match the transient joy of eating
—LOUIS UNTERMEYER

CHEESE BALLS

AMOUNT		INGREDIENT	METHOD
4 lb	8 oz	Cheese grated	Mix
	4 oz	Flour	
	1 T	Salt	
	f g	Cayenne	
		Fold in	
24		Egg whites beaten stiff	
		Shape into balls 1 1¼ in diam Crumb (Method III p 19)	

Fry in deep fat 2–3 min 350°F Yield 150 balls
NOTE For serving as first course accompaniment shape into balls ½–¾ in diam Yield approx 300 balls

CHEESE CROQUETTES

AMOUNT		INGREDIENT	METHOD
1 lb		Fat melted	Make a white sauce
	8 oz	Flour	
2 qt		Milk	
		Add	
32		Egg yolks beaten	Stir until cheese is melted Measure with a No 16 dipper Cool Shape
2 lb		Cheese diced	
	1 oz	Salt	
	4 t	Paprika	
		Chill several hours	
		Bread each croquette using	
16		Egg whites and 8 T water beaten	
2 lb		Crumbs	
		Place in a wire basket and fry in deep fat	

Fry approx 3 to 4 min 375° to 390 F

BROKAW ICE BOX COOKIES

Amount	Ingredient	Method
12 oz	Sugar	Cream
8 oz	Shortening	
	Add	
3	Eggs	Beat 5 min
	Add	
1 lb 2 oz	Flour	Mixed
1 t	Soda	
1 t	Cloves	
1 t	Nutmeg	
½ t	Salt	
6 oz	Raisins ground (or dates)	
	Form into a roll chill and slice	

Bake 10 min 400°F Yield 60 to 70 (2½ in) cookies

BUTTERSCOTCH ICE BOX COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream 5 min (second speed)
8 oz	Fat	
1 lb	Sugar brown	
12 oz	Sugar white	
	Add	
4	Eggs beaten	Cream 5 min
2 t	Vanilla	
	Add	
2 t	Cream of tartar	Mixed
8 oz	Nuts chopped	
2 t	Soda	
8 oz	Dates chopped	
2 lb	Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer in a cool place Cut into slices ⅛ in thick
Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in) cookies

CHEESE AND EGG DISHES

Since what we love has always found
Expression in enduring sound
Music and verse should be competing
To match the transient joy of eating
—LOUIS UNTERMEYER

CHEESE BALLS

Amount		Ingredient	Method
4 lb	8 oz	Cheese grated	Mix
	4 oz	Flour	
	1 T	Salt	
	f g	Cayenne	
		Fold in	
24		Egg whites beaten stiff	
		Shape into balls 1 1¼ in diam Crumb (Method III p 19)	

Fry in deep fat 2-3 min 350°F Yield 150 balls
NOTE For serving as first course accompaniment shape into balls ½-¾ in diam Yield approx 300 balls

CHEESE CROQUETTES

Amount		Ingredient	Method
1 lb		Fat melted	Make a white sauce
	8 oz	Flour	
2 qt		Milk	
		Add	
32		Egg yolks beaten	Stir until cheese is melted Measure with a No 16 dipper Cool Shape
2 lb		Cheese diced	
	1 oz	Salt	
	4 t	Paprika	
		Chill several hours	
		Bread each croquette using	
16		Egg whites and 8 T water beaten	
1 lb		Crumbs	
		Place in a wire basket and fry in deep fat	

Fry approx 3 to 4 min 375° to 390°F

BROKAW ICE BOX COOKIES

Amount	Ingredient	Method
12 oz	Sugar	Cream
8 oz	Shortening	
	Add	
3	Eggs	Beat 5 min
	Add	
1 lb 2 oz	Flour	Mixed
1 t	Soda	
1 t	Cloves	
1 t	Nutmeg	
1½ t	Salt	
6 oz	Raisins ground (or dates)	
	Form into a roll chill and slice	

Bake 10 min 400°F Yield 60 to 70 (2½ in) cookies

BUTTERSCOTCH ICE BOX COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream 5 min (second speed)
8 oz	Fat	
1 lb	Sugar brown	
12 oz	Sugar white	
	Add	
4	Eggs beaten	Cream 5 min
2 t	Vanilla	
	Add	
2 t	Cream of tartar	Mixed
8 oz	Nuts chopped	
2 t	Soda	
8 oz	Dates chopped	
2 lb	Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer in a cool place Cut into slices ⅛ in thick
Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in) cookies

CHEESE AND EGG DISHES

Since what we love has always found
Expression in enduring sound
Music and verse should be competing
To match the transient joy of eating
—Louis Untermeyer

CHEESE BALLS

Amount		Ingredient	Method
4 lb	8 oz	Cheese grated	Mix
	4 oz	Flour	
	1 T	Salt	
	f g	Cayenne	
		Fold in	
24		*Egg whites beaten stiff*	
		Shape into balls 1 1¼ in diam Crumb (Method III p 19)	

Fry in deep fat 2 3 min 350°F Yield 150 balls

Note For serving as first course accompaniment shape into balls ½-¾ in diam Yield approx 300 balls

CHEESE CROQUETTES

Amount		Ingredient	Method
1 lb		Fat melted	Make a white sauce
	8 oz	Flour	
2 qt		Milk	
		Add	
32		Egg yolks beaten	Stir until cheese is melted Measure with a No 16 dipper Cool Shape
2 lb		Cheese diced	
	1 oz	Salt	
	4 t	Paprika	
		Chill several hours	
		Bread each croquette using	
16		Egg whites and 8 T water beaten	
1 lb		Crumbs	
		Place in a wire basket and fry in deep fat	

Fry approx 3 to 4 min 375° to 390 F

BROKAW ICE BOX COOKIES

Amount	Ingredient	Method
12 oz	Sugar	Cream
8 oz	Shortening	
	Add	
3	Eggs	Beat 5 min
	Add	
1 lb 2 oz	Flour	Mixed
1 t	Soda	
1 t	Cloves	
1 t	Nutmeg	
½ t	Salt	
6 oz	Raisins ground (or dates)	
	Form into 1 roll chill and slice	

Bake 10 min 400 F — Yield 60 to 70 (2½ in) cookies

BUTTERSCOTCH ICE BOX COOKIES

Amount	Ingredient	Method
8 oz	Butter	Cream 5 min (second speed)
8 oz	Fat	
1 lb	Sugar brown	
12 oz	Sugar white	
	Add	
4	Eggs beaten	Cream 5 min
2 t	Vanilla	
	Add	
2 t	Cream of tartar	Mixed
8 oz	Nuts chopped	
2 t	Soda	
8 oz	Dates chopped	
2 lb	Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer in a cool place Cut into slices ⅛ in thick

Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in) cookies

SCALLOPED MACARONI

Amount	Ingredient	Method
1 lb 8 oz	Macaroni	Wash Cook until tender Drain and wash
6 qt	Water boiling	
[illegible] oz	Salt	
	Add	
2 lb	Cheese cubed	Mix
1 lb 2 oz	Bread fresh cubed	
	Pour into an oiled pan 12 in x 20 in Pour over the macaroni	
6	Eggs beaten	Mixed
8 oz	Fat melted	
2 oz	Salt	
3 qt	Milk	

Bake 45 min 350°F Serving approx 4 oz

MACARONI AND CHEESE

Amount	Ingredient	Method
2 lb	Macaroni	Wash and cook until tender Drain and wash
8 qt	Water boiling	
1 oz	Salt	
	Add	
1 lb 8 oz	Cheese ground	
	Pour macaroni into a pan 12 in x 20 in	
	Add	
4 oz	Fat	Made into a white sauce
4 oz	Flour	
1 oz	Salt	
2 qt	Milk	
	Sprinkle over the top	
12 oz	Bread crumbs	Mixed
4 oz	Fat melted	

Bake 45 min 325 F Serving approx 4½ oz

Note For variety add
1 Fresh tomato and green pepper
2 Pimiento

CHEESE FONDUE

Amount	Ingredient	Method
4½ qt	Milk scalded	Mix together
4 oz	Fat melted	
1½ t	Mustard	
1 T	Salt	
f g	Cayenne	
	Pour over	
3 lb 8 oz	Bread cubes soft stale	
	Cool slightly and add	
4 lb 8 oz	Cheese ground	
	Add	
24	Egg yolks beaten	Beat mixture until thoroughly blended
	Fold in	
24	Egg whites stiffly beaten Pour into 2 oiled pans 12 in x 20 in	

Bake 40 to 50 min 300°F

Serving approx 4 oz

CHEESE SOUFFLE

Amount	Ingredient	Method
2½ qt	Milk hot	
	Add	
10 oz	Tapioca Minute	Stirring constantly
1½ oz	Salt	
	Cook in steamer 15 min Stir frequently during first 5 min	
	Add	
3 lb	Cheese ground	
24	Egg yolks beaten	
	Fold in	
24	Egg whites beaten Pour into 3 oiled pans 9 in x 14 in Cook over water in oven	

Bake 50 min 300°F

Serving approx 2 oz

Note Serve with Spanish Sauce

Variation For Mushroom Souffle add one No 1 can of drained chopped mushrooms 1 c chopped green peppers to uncooked mixture Serve with Bechamel Sauce

SCALLOPED MACARONI

Amount	Ingredient	Method
1 lb 8 oz	Macaroni	Wash. Cook until tender. Drain and wash
6 qt	Water, boiling	
2 oz	Salt	
	Add	
2 lb	Cheese, cubed	Mix
1 lb 2 oz	Bread, fresh, cubed	
	Pour into an oiled pan 12 in. x 20 in. Pour over the macaroni	
6	Eggs, beaten	Mixed
8 oz	Fat, melted	
2 oz	Salt	
3 qt	Milk	

Bake 45 min. 350°F. Serving approx. 4 oz

MACARONI AND CHEESE

Amount	Ingredient	Method
2 lb	Macaroni	Wash and cook until tender. Drain and wash
8 qt	Water, boiling	
1 oz	Salt	
	Add	
1 lb 8 oz	Cheese, ground	
	Pour macaroni into a pan 12 in. x 20 in.	
	Add	
4 oz	Fat	Made into a white sauce
4 oz	Flour	
1 oz	Salt	
2 qt	Milk	
	Sprinkle over the top	
12 oz	Bread crumbs	Mixed
4 oz	Fat, melted	

Bake 45 min. 325°F. Serving approx. 4½ oz

NOTE. For variety add

1. Fresh tomato and green pepper
2. Pimiento

CORN RAREBIT

Amount	Ingredient	Method
4 oz	Onions	Brown onions in fat
6 oz	Fat	
	Add	
1 qt	Milk	Heat to boiling point
	Add gradually stirring constantly	
1 pt	Milk	Blended
6 oz	Flour	
1½ oz	Salt	
	Add	
1 lb 8 oz	Cheese ground	Cook in double boiler until melted
3 oz	Green pepper chopped	
	Add	
1 No 10 can	Corn (whole grain) hot drained	
	Dip with No 8 dipper Serve immediately on toasted buns	

BAKED EGGS WITH CHEESE

Amount	Ingredient	Method
50	Eggs	Break and drop into oiled muffin tins or custard cups
	On the top of each egg place in order given a portion of the following	
4 t	Salt	
1 lb 8 oz	Cheese grated or ground	
6½ c	Cream or White Sauce II	
8 oz	Crumbs buttered	
	Set cups in a pan of hot water	

Bake approx 25 min or until firm 350°F
NOTE A thin slice of raw tomato may be placed in the bottom of each cup

BAKED EGGS AND BACON RINGS

Amount	Ingredient	Method
50	Eggs	Place bacon around the inside of 50 baking cups (or muffin tins) with fat side up
2 lb 8 oz (approx)	Bacon sliced	

Place in hot oven until fat is clear Remove from oven In each cup place 1 egg Return to oven
Bake approx 25 min or until firm 350°F

EGG CUTLETS

Amount		Ingredient	Method
2 qt		Milk	Make a white sauce
	12 oz	Butter	
	6 oz	Flour	
	2 oz	Salt	
		Add sauce to	
48		Eggs, hard cooked, coarsely ground	
		Mix well	

Measure cutlets with a No. 12 dipper. Let cool 3 hours or longer. Shape into cutlets. Bread and fry.
Fry approx. 3 min. 375° F.

EGGS À LA KING

Amount		Ingredient	Method
1 lb		Mushrooms	Fry
	2 T	Onion	
	12 oz	Butter	
		Add	
4 qt		Chicken broth (or milk)	Make a white sauce
	7 oz	Flour	
		Add	
50		Eggs, hard cooked, cubed	
	10 oz	Green pepper, shredded	
	8 oz	Pimiento, shredded	
	2 oz	Salt	
	f. g.	Cayenne	
			Serving approx. 3½ oz

Note: Reheat if necessary after sauce is poured over eggs.

CURRIED EGGS OR CREAMED EGGS

Amount		Ingredient	Method
4 qt		Milk hot	Make a white sauce
1 lb		Fat	
	8 oz	Flour	
		Add	
	1 oz	Salt	Mixed
	¼ t	Pepper	
	1 T	Curry	
		When ready to serve pour over	
75		Eggs hard cooked sliced	

NOTE Serve with steamed rice For creamed eggs omit the curry powder
1 qt stock may be substituted for 1 qt milk

OMELET

Amount		Ingredient	Method
1 lb		Butter melted	Make a white sauce Cool
	8 oz	Flour	
3 qt		Milk hot	
	1½ oz	Salt	
	½ t	Pepper white	
		Add	
24		Egg yolks beaten	Mix well
		Fold in	
24		Egg whites beaten	
		Pour into 2 oiled pans 12 in x 20 in	

Bake approx 45 min 325°F Serving approx 3 oz

NOTE Place a pan of water in the bottom of the oven For Spanish Omelet serve with Spanish Sauce

CHINESE OMELET

Amount	Ingredient	Method
1 qt	White Sauce No III	
	Add	
1 lb	Cheese ground	
	Add	
24	Egg yolks beaten	Mixed
1 t	Mustard	
1½ oz	Salt	
1 t	Paprika	
	Add	
2 lb	Rice raw	Washed and steamed
	Fold in	
24	Egg whites beaten	
	Pour into 3 oiled pans	

Bake 45 min 325°F Serving approx 4 oz

POTATO OMELET

Amount	Ingredient	Method
50	Bacon slices	Arrange bacon close together in meat pans and bake in oven until crisp Remove from pans
	Add to bacon fat	
9 lb (E P)	Potatoes cooked diced	Brown slightly
	Remove to 2 baking pans 12 in x 20 in Pour over the potatoes	
36	Eggs beaten	Beaten until light
2 oz	Salt	
1 t	Pepper white	
f g	Cayenne	
3 qt	Milk hot	

Bake 1 hr 325°F Serving approx ½ c

Note Lay the slices of crisp bacon on top of omelet when removed from oven Serve at once

DEVILED EGGS

Amount	Ingredient	Method
50	Eggs hard cooked	Peel and cut in half length wise Remove yolks and mash thoroughly
	Add	
1 c	Milk hot	Mix
	Add	
1½ c	Mayonnaise	Mix thoroughly
1 T	Salt	
¾ T	Mustard dry	
½ c	Vinegar	
	Refill the whites with the mixture Use approximately 1½ T filling for each half of egg white	

Note 6 oz of finely chopped celery or pimientos may be added to the yolk mix ture

HOT STUFFED EGGS

Amount	Ingredient	Method
50	Eggs hard cooked	Cut eggs lengthwise and re move yolks
	To the mashed yolks add	
3 oz	Butter melted	Mix thoroughly and refill the whites Arrange in baking pans Heat in steamer or slow oven
2 t	Salt	
⅛ t	Cayenne	
1 T	Mustard prepared	
1 lb	Ham minced	
	Pour over eggs	
1 gal	White Sauce No III	
	Sprinkle over the top	
¼ c	Parsley chopped	

Note Serve on toast or en casserole Tuna fish may be substituted for ham

EGG RICE CASSEROLE

Amount		Ingredient	Method
2 lb	8 oz	Rice	Wash and cook until tender. Drain and wash
		Add	
	18	Eggs, hard cooked	Chopped
1 lb	2 oz	Cheese, grated	
	1½ t	Paprika	
	2 oz	Salt	
		Add	
	3 oz	Onion, minced	Cooked together
	6 oz	Green pepper, minced	
	12 oz	Oil or butter	
		Add	
3 qt		Tomato purée	Mix well
		Dip with a No. 8 dipper into individual casseroles	

Bake approx. 30 min. 350° F. Yield: fifty 5-oz. servings

Note: When baked, garnish with grated cheese.

MUSHROOM EGG CASSEROLE

Amount	Ingredient	Method
24	Eggs, hard cooked, sliced	Mix
5 lb	Celery, diced, cooked	
4 No. 1 cans (2 lb. fresh)	Mushrooms, chopped	
6 oz	Green pepper, chopped	
4 oz	Pimiento, chopped	
1 No. 10 can or 5 lb. fresh	Peas	
1 oz	Salt	
	Add and mix	
1½ qt	Milk	Made into white sauce
6 oz	Butter	
4 oz	Flour	
1 T	Salt	
½ t	Pepper	
	Dip with a No. 8 dipper into individual casseroles. Serve hot garnished with four 2½-oz. cans fried noodles	

Bake approx. 30 min. 350° F. Yield: approx. 50 servings (⅔ c.)

CORN PUDDING

Amount	Ingredient	Method
12 oz	Bacon chopped	Fry until lightly browned
4 oz	Pepper green	
	Add	
6 oz	Flour	Blend well
	Add while stirring	
2½ qt	Milk	Blend well
	Add	
14	Eggs beaten	Mix well
1½ oz	Salt	
1 t	Pepper	
6 No 2 cans	Corn (cream style)	
4 oz	Pimiento	

Measure with a No 8 dipper into 50 custard cups Place cups in pans of hot water Bake 45 min 325°F

GOLDENROD TOAST

Amount	Ingredient	Method
3 qt	Milk hot	Make into a white sauce
1 qt	Water hot	
1 lb	Butter melted	
8 oz	Flour	
1 oz	Salt	
	Add	
50	Egg whites hard cooked chopped	
35	Egg yolks hard cooked chopped	
	Serve on toasted bread and sprinkle the top with	
15	Egg yolks riced	

DESSERTS

O a wonderful pudding! Bob Cratchit said and calmly too that he regarded it as the greatest success achieved by Mrs Cratchit since their marriage —DICKENS

MERINGUE SHELLS

Amount	Ingredient	Method
-S	Egg whites	Beat until frothy
		Add (½ c at a time Beat between each addition)
3 lb	Sugar	Beat until sugar is dissolved and mixture will hold its shape Measure with a No 10 dipper Place on well oiled and floured baking sheets Shape with spoon or pastry tube into nests

Bake approx 1 hr 275°F

NOTE Serve ice cream or fruit in center or crush the shells and serve on ice cream Meringue sticks may be made by putting mixture through pastry tube to form sticks Sprinkle with nuts

BAKED CUSTARD

Amount		Ingredient	Method
1 lb	4 oz	Sugar	Beat until well mixed
	½ t	Salt	
20		Eggs	
1 qt		Milk	
			Add
4 qt		Milk scalded	
	2 T	Vanilla	Pour into custard cups Sprinkle over the top
	2 t	Nutmeg	Place the custard cups in pans of hot water and bake

Bake 45 min 300 F Serving 4 oz

NOTE Variations For mocha custard add 6 T Postum or soluble coffee powder For caramel custard add 8 oz sugar caramelized For rice custard use 1/2 of the recipe add 4 eggs and 6 c cooked rice

DATE PUDDING

Amount		Ingredient	Method
2 lb		Sugar	Mix and pour into 6 pans 4 x 9 in
1 lb		Flour	
	1½ oz	Baking powder	
	1½ t	Salt	
	12 oz	Nut meats	
2 lb	4 oz	Dates	
	2¼ c	Milk	
		Pour over above mixture	
1 lb	14 oz	Sugar, brown	Mixed and heated to boiling point
	2 oz	Butter	
2 qt	1 c	Water boiling	

Bake 45 min 350°F

Yield 48 servings

DAINTY RICE PUDDING

Amount		Ingredient	Method
	14 oz	Rice	Wash rice well and cook in boiling salt water Boil rapidly until tender Drain and rinse with hot water
9 qt		Water boiling	
	1 T	Salt	
		When ready to serve add	
1½ qt		Pineapple crushed drained	Mixed
	8 oz	Marshmallows cut	
	8 oz	Nuts chopped	
1 lb	12 oz	Sugar powdered	
	2 t	Salt	
	1 c	Cherries maraschino chopped	
		Fold in	
1½ qt		Cream whipped	

Serving approx 2½ oz

TAPIOCA CREAM

Amount			Ingredient	Method
5 qt			Milk	Heat to boiling point
			Add	
	8	oz	Tapioca Minute	Stirring constantly
			Add	
	20		Eggs beaten	Mix
1 lb	4	oz	Sugar	Mix
			Cook 5 min Remove from fire	
			Add	
	1	t	Salt	
	2	T	Vanilla	
			Serve with a No 10 dipper	
				Yield 50 servings

Note Variations

1. For Chocolate Cream Tapioca add 8 oz of melted chocolate
2. For Caramel Cream Tapioca add 8 oz of caramelized sugar
3. For Nut Cream Tapioca add 6 oz chopped nuts and fold in beaten egg whites last

CHERRY TAPIOCA

Amount				Ingredient	Method
$3\frac{3}{4}$ qt				Cherry juice or cherry juice and water	Heat
				Add	
		14	oz	Tapioca Minute	Stirring constantly
		1	T	Salt	Stirring constantly
3	lb	10	oz	Sugar	Stirring constantly
				Cook until thick and clear	
				Add	
			$\frac{1}{2}$ c	Lemon juice	
5	lb			Cherries red drained	
					Yield approx $6\frac{1}{2}$ qt

Note Serve with whipped cream

VARIATIONS OF PLAIN BLANC MANGE (continued)

Variation	Changes in Plain Recipe
Cocoanut	Add 12 oz toasted cocoanut
Date	Add 1 lb 8 oz dates 3 oz butter
Banana	Add 6 egg yolks beaten } After pudding has thickened cook 5 min Remove from fire Add 1 T orange rind grated 6 egg whites beaten 6 lb bananas sliced

NORWEGIAN PRUNE PUDDING

Amount	Ingredient	Method
6 oz	Cornstarch	Mix
1 lb	Sugar	
1 t	Salt	
1 T	Cinnamon	
	Add	
2½ qt	Prune juice	Stir until smooth then cook until thick and clear Place in steamer 20 min Remove
	Add	
4 lb	Prunes cut fine	
		Serving approx ½ c

Note Weigh prunes before cooking Serve hot with whipped cream or hard sauce

CHOCOLATE CREAM PUDDING

Amount		Ingredient	Method
4 qt		Milk	Heat to the boiling point
		Add gradually stirring constantly	
	6 oz	Flour pastry	Mixed
	3 oz	Cornstarch	
	1 t	Salt	
2 lb	8 oz	Sugar	
	8 oz	Cocoa	
		Cook approx 40 min Remove from fire	
		Add	
	8 oz	Butter	
	[illegible] T	Vanilla	
		Measure with a No 10 dipper	
			Yield 50 servings

LEMON SNOW

Amount		Ingredient	Method
	6 oz	Cornstarch	Mix
1 lb	8 oz	Sugar	
	½ t	Salt	
		Add while stirring	
[illegible] qt		Water boiling	Cook approx 4 min in double boiler
		Pour over	
16		Egg whites beaten	Stirring constantly
	6 oz	Sugar	
		Add	
	1 c	Lemon juice	Mix well
	2 T	Lemon rind grated	
		Pour into a flat pan 12 in x 20 in Chill	

Note Cut and serve with soft custard

JELLIED FRUIT CUP

Amount		Ingredient	Method
	1 pt	Water cold	
		Add	
	2½ oz	Gelatin	Let stand 5 min
		Add	
	1½ pt	Fruit juice hot	Stir until dissolved
1 lb		Sugar	
		Add	
2¼ qt		Fruit juice cold Chill When gelatin begins to congeal pour over fruit	
4 or 5 lb		Fruit cooked drained	Arranged in 50 serving glasses Serving approx 4 oz

Note Any good fruit combination may be used
13 oz of flavored gelatin may be substituted for the 2½ oz plain gelatin

RASPBERRY WHIP

Amount		Ingredient	Method
	2 oz	Gelatin	Soak 10 min
	1½ c	Water cold	
		Add	
	1½ c	Water boiling	Stir until dissolved
		Add	
2 lb	4 oz	Sugar	
	5 T	Lemon juice	
		Add	
1 qt	1 c	Raspberry purée *When mixture begins to congeal place in mixer* bowl and beat until light	
		Add	
15		Egg whites beaten *Chill Measure with No 12 dipper*	Beat until stiff Yield approx 50 servings

Note Apricots oranges peaches or strawberries may be used in place of raspberries Serve with whipped cream

PRUNE WHIP

Amount	Ingredient	Method
15	Egg whites beat until stiff	Combine
8 oz	Sugar	
	Add	
[illegible] lb	Prunes	Cook and pit
	Add	
[illegible] T	Lemon juice	
	Chill	

Dip with No 1[illegible] dipper

Yield 50 servings

FROZEN FRUIT DESSERT

Amount	Ingredient	Method
4	Egg whites beaten	
1 lb	Marshmallows cut	
	Add	
1½ c	Milk hot	Mix
	Add	
[illegible]	Lemons juice	Mix
1 t	Mustard	
	When cold pour over	
4 lb 8 oz	Cherries Royal Anne pitted drained	
[illegible] lb 4 oz	*Pineapple diced drained*	
	Fold in	
1 qt	Cream whipped	
	Add	
12 oz	Almonds toasted chopped	
	Pour into molds and freeze	

Yield approx 4½ qts

BISQUE MOUSSE

Amount	Ingredient	Method
4 qt	Cream 40 per cent	Whip until stiff
	Fold in	
4 lb	Peanut brittle ground	
	Pour into 8 cold molds and freeze without stirring	

Yield 8 qt

Note Peanut Brittle Fluff Serve above mixture without freezing on angel food cake

APRICOT BAVARIAN

Amount		Ingredient	Method
1 pt	3 oz	Gelatin Water cold	Sprinkle gelatin over water Soak 5 min
		Dissolve in	
1½ pt 1 lb	8 oz 2 t	Apricot juice Sugar Salt	Heated to boiling point
		Combine with	
3 pt	3 T 2 t	Apricot juice Lemon juice Vanilla	
		When starting to congeal whip until it doubles in bulk and fold in	
3 lb (A P)	6 1 pt	Apricots dried cooked and sieved Egg whites beaten stiff Cream whipped	
		Mold or pour into flat pan and place in refrigerator	

Serving approx ½ c

PINEAPPLE BAVARIAN CREAM

Amount		Ingredient	Method
1 qt	3 oz	Gelatin Water cold	Soak 10 min
		Add	
1 No 10 can 1 lb	 12 oz	Pineapple crushed Sugar	Heated to boiling point
		Stir until gelatin is dissolved	
		Add	
	2 oz	Lemon juice	
		Chill When mixture begins to congeal fold in	
1 qt		Cream heavy whipped	
		Pour into 50 individual molds	

Serving approx 4 oz

NOTE This may be used for pie filling

ICE BOX CAKE

Amount	Ingredient	Method
3 lb 8 oz	Sugar	Cream
1 lb 3 oz	Butter	
	Add	
18	Egg yolks	Cream
	Add	
1½ qt	Pineapple crushed	
1 c	Cream	
	Cook in double boiler until thick	
	Add	
4 oz	Nuts chopped	
3 oz	Cherries maraschino chopped	
3 lb 8 oz	Wafers vanilla	
	Place a thin layer of crushed wafers in the bottom of a pan 12 in x 20 in then fill pan with alternate thin layers of above mixture and crushed vanilla wafers	
	Serving approx 3 oz	

NOTE Let stand in ice box over night Serve with whipped cream

VARIATIONS OF ICE BOX CAKE

Kind	Changes in Plain Recipe
Chocolate	For the filling use 2/3 of the Chocolate Chiffon Pie recipe in place of the pineapple filling Lady fingers may be substituted for crushed wafers
Lemon	For the filling use 2/3 of the Lemon Chiffon Pie recipe Thin slices of Sponge Cake may be substituted for the wafers
Prune	For the filling use the Sour Cream Pie recipe and substitute prunes for the raisins Graham Crackers may be substituted for the wafers
Pumpkin	For the filling use 2/3 of the Pumpkin Chiffon Pie recipe Ginger Snaps may be substituted for the wafers
Caramel Nut	For the filling use 3/4 of the Caramel Blanc Mange recipe 12 oz of chopped nuts may be substituted for a part of the crushed wafers

GRAHAM CRACKER CUSTARD

Amount	Ingredient	Method
1 lb	Sugar	Beat until well blended
2/3 t	Salt	
12	Egg yolks	
1 c	Milk	
	Add	
1 pt	Milk, scalded	
	Add	
3 oz	Gelatin	
1 1/2 pt	Water, cold	
	Cool and add	
12	Egg whites, beaten	
1 1/3 pt	Cream, whipped	
	Place a layer of crumb mixture on the bottom of pans, cover with custard, and place crumb mixture on top of custard	
	Crumb Mixture	
8 oz	Butter, melted	
6 oz	Sugar, brown	
1 lb	Graham crackers, crushed	
1/2 t	Cinnamon	
	Chill in 2 pans 9 x 14 in	

Yield 48 servings (small)

DATE ROLL

Amount	Ingredient	Method
2 lb 8 oz	Dates, chopped fine	Combine
[illegible] lb 8 oz	Marshmallows, cut	
2 lb 6 oz	Crackers, graham, ground	
8 oz	Nuts, chopped	
	Add	
1 pt	Milk	Mix well. Form into 4 rolls
	Roll in powdered sugar	
	Place in ice box for 24 hours	
		Serving approx. [illegible]½ oz

Note: Cut in slices and serve with hard sauce or whipped cream.

FRUIT COBBLER

Amount	Ingredient	Method
2½ qt	Fruit juice	Heat
	Add while stirring	
6 oz	Cornstarch	Mixed
1 pt	Water	
	Cook until thick	
	Add	
2 lb 8 oz	Sugar	Mix thoroughly and bring to the boiling point
1 T	Salt	
	Add	
1½ No 10 can	Fruit water pack drained	
	Mix carefully Let cool at room temperature Pour into two pans 10 in x 14 in x 2 in	
	Cover with	
3 lb	Pastry	Divided into 2 parts and rolled into rectangles

Bake 30 min 425 F — Serving approx 4 oz

Note May use cherries blackberries gooseberries apricots apples or rhubarb

OLD ENGLISH APPLE PIE

Amount	Ingredient	Method
10 lb 8 oz	Apples tart sliced	Mix and arrange apples in 2 pans
8 oz	Sugar	
	Cover with the following mixture	
1 lb 8 oz	Butter soft	
1 lb 8 oz	Flour	
2 lb	Sugar brown	
	Bake in two 12 x 20 x 2 in baking pans	

Bake 50 min 350°F — Yield 48 servings

Note Serve with whipped cream or ice cream

APPLE BROWN BETTY

Amount		Ingredient	Method
12 lb	(A P)	Apples pared and sliced	
3 qt		Cake crumbs	
		Arrange apples and crumbs in layers. Over each layer sprinkle	
	1 t	Cinnamon	Mixed
	1/2 t	Nutmeg	
1 lb	8 oz	Sugar, brown	
2 qt		Water (or more)	
	2 T	Lemon juice	
		Over the top pour	
	8 oz	Butter, melted	

Bake 1 hr (or longer) 350°F Serving 4 oz

NOTE Serve hot with lemon sauce (The amount of water will vary according to the dryness of the crumbs used)

GRAHAM CRACKER BROWN BETTY

Amount		Ingredient	Method
10 lb	(A P)	Apples pared sliced	
	2 t	Cinnamon	Mix carefully
	1 2/3 c	Water	
1 lb	6 oz	Sugar	
		Place mixture in pan 12 in x 20 in	
		Cover mixture with	
1 lb	3 oz	Graham crackers crushed	Mixed
	7 oz	Sugar	
	5 t	Lemon rind grated	
	8 oz	Nut meats chopped	
	10 oz	Butter melted	

Bake approx 1 hr 350 F or until apples are tender

Serving approx 3 1/2 oz

NOTE Serve hot or cold with whipped cream

STRAWBERRY TORTE

Amount	Ingredient	Method
1 lb 8 oz	Fat	Cream 5 min (second speed)
1 lb 8 oz	Sugar	
	Add	
24	Egg yolks	Add one yolk at a time Beat after each addition
	Add alternately	
1 T	Flavoring	
1 pt	Milk	
	and	
1 lb 14 oz	Flour pastry	Mixed
1 oz	Baking powder	
1/2 t	Salt	
	Spread in twelve 9-in layer cake pans oiled and lined with waxed paper having batter higher on sides than in middle Spread the following mixture evenly over the batter	
24	Egg whites	Beat until frothy
	Add	
3/4 t	Cream of tartar	Beat
3 lb	Sugar	

Bake 25 min 250°F increase temp to 350°F and bake 20 min

Yield six 9-in cakes

Note Cool and put fresh or frozen strawberries and whipped cream between the layers Cut in wedges and garnish with whipped cream and whole berries Fresh peaches or raspberries may be substituted for the strawberries

DOUGHNUTS

Amount		Ingredient	Method
	3	Eggs, beaten slightly	
		Add	
	10 oz	Sugar	Blend well
	1½ oz	Fat, melted	
		Add alternately milk and flour mixture	
	1 pt	Milk	
1 lb	10 oz	Flour	Mixed
	1 t	Nutmeg	
	1¼ t	Salt	
	⅛ t	Ginger	
	3 T	Baking powder	
	2 t	Orange rind, grated	

Chill. Roll ⅜ in. thick on floured board. Cut with 2½ in. cutter.
Fry in deep fat approx. 3 to 4 min. 375°F. *Yield: approx. 50 doughnuts.*
NOTE: Add more flour if dough is too soft to handle. Sprinkle with sugar when partly cool.

Variation: For chocolate doughnuts substitute 4 T cocoa for 4 T flour.

CREAM PUFFS

Amount		Ingredient	Method
1 lb		Butter	Melt butter in boiling water
1 qt		Water, boiling	
		Add	
	1 t	Salt	Beat vigorously
1 lb	3 oz	Flour	
		Remove from fire as soon as mixture leaves the sides of pan. Transfer to mixer bowl. Cool slightly.	
		Add	
	16	Eggs	Add one egg at a time. Beat after each is added
		Measure with a No. 24 dipper and drop on an oiled baking sheet	

Bake 45 min. 375°F. Yield: 50 large puffs.
NOTE: Fill puffs with custard filling. Top with chocolate sauce.
For tea service small shells may be made with a pastry tube and filled with creamed chicken or chicken salad. Yield: approx. 200.

CHRISTMAS PUDDING

Amount		Ingredient	Method
1 lb	4 oz	Carrots, raw, grated	Mix
1 lb	11 oz	Potatoes, raw, grated	
1 lb	4 oz	Raisins	
1 lb	4 oz	Dates	
2 lb		Sugar	
1 lb		Butter, soft	
	12 oz	Nuts, chopped	
		Add	
	1 1/3 T	Soda	Mixed
	1 T	Cinnamon	
	1 T	Cloves	
	1 T	Nutmeg	
	1/4 t	Salt	
1 lb		Flour	

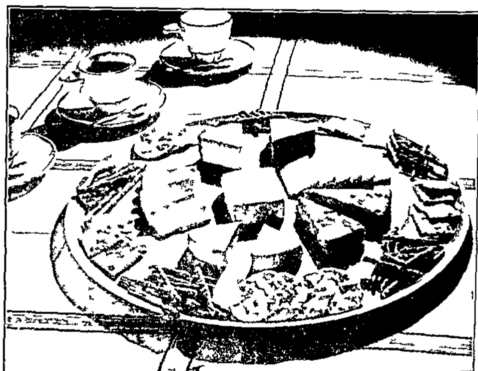
Measure with a No. 16 dipper. Fill oiled muffin tins.
Cover each filled tin with an empty tin.
Steam for 3/4 to 1 hr. under pressure.
Note: Serve with vanilla sauce or hard sauce.

STEAMED PUDDING

Amount		Ingredient	Method
	2 1/3 oz	Butter	Cream
1 lb	3 oz	Sugar	
	5	Eggs	
	2 1/3 c	Molasses	
		Add milk and flour mixture alternately	
	2 1/3 c	Milk, sour	
	4 1/2 oz	Flour	Mixed
	1 T	Soda	
	1 T	Cloves	
	1 1/2 T	Cinnamon	
1 lb	14 oz	Crumbs, bread	
		Add	
	12 oz	Raisins	
	8 oz	Nuts, chopped	
		Measure with a No. 16 dipper. Place in oiled muffin tins. Cover.	

Steam 1 hr. under pressure.

Serving 2 1/2 oz



Courtesy Kraft Phenix Cheese

FIG I—The cheese tray presenting an assortment of both cheese and breads is increasing in popularity as a dessert dish

FISH

Let us join chiming vowel with vowel
To rhapsodize fish flesh and fowl
—Louis Untermeyer

PREPARATION AND COOKING OF FRESH FISH AND SHELL FISH

Fresh Fish

To Skin Remove fins cut off a narrow strip of skin down the full length of back Cut skin around gills loosen and draw it off from one side of fish To do this pull gently with one hand and push with back of a knife held in the other hand Repeat process on the other side of fish

To Scale Hold fish by the tail Use a blunt knife to scrape over fish from tail to head Wipe fish and knife occasionally to remove loosened scales

To Dress Split the underside of scaled or skinned fish and remove internal organs Remove head Wash inside and out drain and wipe dry

To Bone Run a sharp pointed knife close to the back bone beginning at tail and continuing the entire length of one side of fish Remove flesh carefully from bones with knife and fingers Repeat on the other side (Fish that have been boned are usually stuffed and baked)

Fish may be cooked in many ways but some methods are more suitable for certain varieties than for others The table on page 116 will show not only the preferred cooking procedure but also the season for the various kinds of fish

Boiled Fish

Cut fish into thick pieces Use sufficient water to cover the fish Add 2 t salt and 2 T of vinegar to each gallon of water These give flavor and keep the flesh white and firm Place fish in a frying

basket, and place in warm water Bring to the boiling point, then reduce temperature, and simmer until fish separates from the bones Allow 5 to 8 minutes per pound, according to thickness of fish Serve boiled fish with a rich sauce

Broiled Fish

Split fish down back and wipe as dry as possible Sprinkle with salt and pepper Place, skin side down in a well oiled broiler Broil turn skin side up just long enough to crisp and brown

Fried Fish (I)

Leave small fish whole cut large ones into servings Sprinkle with salt and pepper roll in flour or cornmeal and cook in a small amount of fat

Fried Fish (II)

Prepare as Fried Fish I Sprinkle with salt and pepper then egg and crumb and fry in deep fat

Shell Fish

Clams if purchased in the shell should be alive Several hours before using place them in a tub of shallow water to which a small amount of cornmeal has been added to eliminate sand which may be lodged in the bodies of the clam Wash the shells well and rinse if the clams are to be cooked in the shell To remove the shells hold them in the palm of the hand and insert a slender strong knife in the muscle and pry open The skin of the Razor and soft clam should be removed before cooking

Crabs should be alive at the time they are cooked In preparing soft shell crabs, place them face down The taper points of the shell are turned back about half way and the spongy substance which is found next to the shell is removed The tail or apron is removed the crab is thoroughly washed and is then ready to cook Soft shell crabs are usually parboiled and then fried in butter

In preparing hard shell crabs plunge them head first into rapidly boiling water to which salt or soda has been added 1 T salt to each gallon of water or 1 oz soda to each 1½ lb crab Crabs are boiled in a covered container from 20 to 30 minutes depending upon

their size After chilling in cold water the claws and apron of the crab are removed the shells broken apart and the spongy material removed from between the halves of the body and next the shell Any orange colored material is also discarded The meat is removed from the back and cracked claws

Lobsters should be alive when the cooking process begins If the lobster is to be boiled the live lobster is plunged head down in boiling salted water and allowed to cook 20 to 30 minutes Crack the claws and lay the opened fish as flat as possible on the broiler, brush with butter, salt and pepper The time for broiling varies with the size of the lobster but the usual time is 20 to 25 minutes with shell side down and 10 to 15 minutes on opposite side

Oysters are not ordinarily washed before using If washing is deemed necessary care should be taken to remove the oysters from the water quickly so that they may not be soaked or water logged in the fresh water They should be inspected and any bits of shell removed Oysters should be cooked only until the edges begin to curl When making oyster stew saute oysters in butter and add to hot milk Serve at once

Shrimps should be washed carefully Cover with water Simmer until tender in water to which 1 t of salt to each quart has been added Drain Remove shell Remove dark vein from the center back of each shrimp

FISH SHELL FISH AND AMPHIBIANS

Name of Fish	Type	Methods of Cookery				Seasons Months (incl)
		Baked	Boiled Steamed	Broiled	Fried	
Barracuda	Fat	Best		Good	Fair	Feb–June
Bass Black	Lean	Good		Good	Best	All year
Bass Sea	Fat	Good		Best	Good	All year
Bluefish	Lean	Best		Good	Fair	May–Oct
Bonito	Fat	Best		Good	Fair	June–Oct
Catfish	Lean	Fair			Best	Apr–Oct
Clams Long	Lean	Good	Best		Good	All year
Clams Razor	Lean	Usually minced and canned				
Cod	Lean	Best	Fair	Good	Good	Best in Oct and Dec
Crabs Blue					Fried in batter after parboiling	May–Oct
Crabs Hard Shell			Best			Nov–June
Flounder	Lean	Good		Good	Best	All year
Frogs	Fat	Good			Best	June–Oct
Haddock	Lean	Good	Fair	Best	Good	All year
Halibut	Fat	Good	Fair	Best	Good	All year (West)
Herring	Fat	Fair		Best	Good	All year (Alaska) Apr–Nov (Atlantic) Dec–Apr (Calif)
Kingfish	Lean	Good	Fair	Best		Jan–June
Lobster	Lean		Good	Best		All year
Mackerel	Fat	Good	Fair	Best		Apr–Nov
Oysters	Lean	Fair	Good		Best	Sept–Apr
Pickerel	Lean	Good		Fair	Best	All year
Pike	Lean	Good		Fair	Best	All year
Pompano	Fat	Good		Best	Fair	All year
Salmon	Fat	Best	Fair	Good		May–Nov
Scallops	Lean			Good	Best	Sept–Apr
Shad	Lean		Best		Good	All year
Shrimp	Lean		Best		Good	All year
Smelts	Fat			Good	Best	Sept–May
Snapper Red	Lean	Best	Good	Good		All year
Sole	Lean	Fair		Good	Best	All year
Sturgeon	Lean	Best		Good		Mar–June
Swordfish	Lean	Good		Best		July–Sept
Trout	Lean	Fair		Good	Best	Apr–Nov
Tuna	Fat	Best	Good	Good		Mar–Dec
Whitefish	Fat	Best		Good	Fair	Apr–Dec
Whiting	Lean		Good	Good	Best	Summer

BAKED HALIBUT

Amount	Ingredient	Method
15 lb	Halibut	Cut into 50 steaks
	Dip each steak in	
1 lb	Butter melted	Mixed
1 T	Salt	Mixed
1 t	Pepper white	Mixed
4 oz	Lemon juice	Mixed
1 T	Onion juice	Mixed
	Dredge with	
14 oz	Flour	
	Place close together in oiled baking pan	
	Pour over the top 2 oz of melted butter in ¼ c milk	

Bake approx 20 min 400°F

STUFFED HADDOCK

Amount	Ingredient	Method
20 lb	Haddock	Dress fish Leave whole Wash and dry inside Sprinkle with salt and pepper inside and outside
	Stuff and sew or fasten with skewers	
	Dredge with flour Place in baking pan in which has been arranged	
1 lb	Salt pork sliced	
8	Bay leaves	
1 T	Cloves	
	Baste with hot water every 15 min	

Bake approx 1½ hr 350°F

BAKED SCALLOPS AND MUSHROOMS

Amount	Ingredient	Method
2 lb	Mushrooms fresh sliced	
	Brown in	
2 oz	Butter	
	Add	
6 lb	Scallops	Cooked until tender in their juice and 2 oz butter
	Divide evenly into 50 casseroles Fill casseroles with	
4 qt	White Sauce No III Cover with buttered crumbs	

Bake 30 min 350°F

Note 10 lb sweetbreads (parboiled and membranes removed) diced may be used in place of scallops

SALMON AND POTATO CHIP CASSEROLE

Amount	Ingredient	Method
6 1 lb cans	Salmon flaked	
2 lb	Potato chips crushed	Save ½ lb for topping
	Add	
6 10-oz cans	Cream of Mushroom Soup	Made into a sauce
6 oz	Butter	
4 oz	Flour	
	Mix well Pour into casserole Cover with crushed potato chips	

Bake 20 min 375°F

CASSEROLE OF RICE AND TUNA

Amount	Ingredient	Method
1 lb	Rice	Wash and cook in 8 qt of boiling water until tender
1 oz	Salt	
	Drain and wash	
	Add	
4 qt	White Sauce No III	Mix carefully
6 13-oz cans	Tuna fish flaked	
	Pour into a pan 12 in x 20 in Sprinkle over the rice and tuna	
9 oz	Crumbs	Mixed
4 oz	Butter	

Bake approx 45 min 300 F Serving approx 4 oz

SCALLOPED OYSTERS

Amount	Ingredient	Method
3 qt	Cracker crumbs	Mix
1 lb	Butter, melted	
1 oz	Salt	
½ t	Paprika	
1 t	Pepper	
6 qt	Oysters	Drain and remove any bits of shell
	Spread ⅓ of the crumbs over the bottom of an oiled baking pan 12 in. x 20 in. Cover with ½ of the oysters, repeat with crumbs and oysters	
	Pour over the top of oysters	
1 qt	Milk or cream	
1½ pt	Oyster liquor or water	
	Cover with remaining crumbs	

Bake 20 min 350°F

Note: Two cups of finely chopped celery may be added for variety

DEVILED CRAB

Amount	Ingredient	Method
12 6½-oz cans	Crab meat, flaked	
	Add	
4 T	Lemon juice	Mix
1 oz	Salt	
2 t	Pepper	
f g	Cayenne	
5	Eggs, beaten	
1 T	Worcestershire sauce	
	Add	
12 oz	Butter	Made into a white sauce
2 qt	Milk	
6 oz	Flour	
1½ t	Mustard, prepared	
	Mix well, fill ramekins and cover with	
1 qt	Crumbs, buttered	

Bake 15 min 400 F

CREOLE SHRIMP WITH RICE

Amount		Ingredient	Method
	6 oz	Onions chopped	
	12 oz	Celery chopped	
		Brown in	
	3 oz	Fat	
		Add	
	3 T	Flour	Cook 15 min
	1 oz	Salt	
	1 pt	Water	
		Add	
1½ qt		Tomatoes	
	6 T	Vinegar	
	2 T	Sugar	
3 lb		Shrimp fresh	Keep hot
4 lb	8 oz	Rice cooked	Keep hot
		Serve rice with No 12 dipper Place 1 oz shrimp on ric	
		Top each serving with sauce	

SALMON LOAF

Amount	Ingredient	Method
2½ c	Milk	Heat to boiling point
	Add	
12 oz	Bread cubes soft	Mix well
	Add	
6 1 lb cans	Salmon	Mix
1 T	Salt	
½ t	Paprika	
2	Lemon rinds grated	
½ c	Lemon juice	
6 oz	Butter melted	
12	Egg yolks beaten	
	Fold in	
12	Egg whites beaten	
	Form into 4 loaves approx 4 in x 9 in	

Bake 1 hr 15 min 325°F — Serving approx 3¼ oz

CODFISH BALLS

Amount	Ingredient	Method
5 lb (A P)	Potatoes	Cook and mash
	Add	
5 lb	Codfish salt	Cooked until tender and boned
2½ oz	Fat	
10	Eggs beaten	
	Form into balls 1½ in in diameter Bread and fry Serving 2 balls	

Note If codfish is very salty some soaking may be needed Serve with White Sauce No II to which 2 oz of pimiento has been added

TUNA FISH AND NOODLES

Amount	Ingredient	Method
1 lb 12 oz	Noodles	Cook drain and wash
	Add	
6 13-oz cans	Tuna fish flaked	
	Add	
2 qt	Milk	Made into a white sauce
1 oz	Salt	
4 oz	Flour	
8 oz	Butter	
	Place in baking pan 12 in x 20 in Bake 30 min Sprinkle over the top	
1 lb	Cheese ground (Bake 15 min longer)	

Baking temp 300 F

TUNA FISH RAREBIT

Amount	Ingredient	Method
5 13-oz cans	Tuna fish flaked	
	Mix with	
9 oz	Butter	Make a white sauce
6 oz	Flour	
3 qt	Milk	
1 T	Salt	
f g	Cayenne	
	Add	
1 lb 8 oz	Cheese ground	Cook over hot water until cheese is melted
	Serve with No 12 dipper on toasted bun	

CREAMED TUNA FISH

Amount	Ingredient	Method
12 oz	Butter melted	Make a white sauce
7 oz	Flour	
3¾ qt	Milk	
	When thickened add	
6 T	Worcestershire Sauce (may omit)	
¼ t	Cayenne	
1 T	Salt	
	Add	
9	Eggs hard cooked chopped	
6 oz	Green pepper chopped	
6 oz	Pimiento chopped	
	When ready to serve pour over	
6 13 oz cans	Tuna fish flaked hot	
		Serving approx 4 oz

NOTE Serve on toast
Other cooked fish may be substituted for tuna

LOBSTER À LA NEWBURG

Amount	Ingredient	Method
12 oz	Butter hot	
	Add	
12 6½ oz cans	Lobster meat diced	Cook slowly 10 min
	Add	
3 oz	Flour	Mix well
2 t	Salt	
	Add	
1½ qt	Cream 20 per cent hot	Stir constantly Cook until sauce thickens
	Add	
1¾ c	Egg yolks beaten Serve at once	Cook 1 min but do not boil

FROSTINGS AND FILLINGS

Were it as easy to cook as to tell how to cook and a wish
were a dish we could dine from our book

—ANON

BOILED FROSTING

AMOUNT	INGREDIENT	METHOD
4 lb	Sugar	Stir until sugar is dissolved Boil without stirring to 238°F or soft ball stage
2½ c	Water hot	
	While beating pour gradually over	
8	Egg whites beaten	
	Continue beating until frosting is of consistency to spread	
	Add	
2 T	Vanilla	
	Spread on cake at once	
		Yield approx 4½ qt

FLUFFY FROSTING

AMOUNT	INGREDIENT	METHOD
2 lb 8 oz	Sugar	Boil together until mixture reaches the soft ball stage (238 F)
1½ c	Water	
5 T	Corn sirup	
¼ t	Salt	
	Add ½ of the mixture to	
10	Egg whites beaten	Stirring constantly
	Add	
	Remainder of sirup mixture	Cooked until it forms a hard ball (250°F)
	Beat until it holds its shape	
	Add	
1 T	Vanilla	
		Yield 4¼ qt

PLAIN POWDERED SUGAR FROSTING

Amount	Ingredient	Method
2 lb	Sugar, powdered, sifted	
	Gradually add	
¾ c	Water, boiling	Beat until right consistency to spread
	Add	
[illegible] t	Vanilla	
		Yield approx. 4 c

COCOA MOCHA FROSTING

Amount	Ingredient	Method
1 c	Coffee infusion	Mix together and bring to the boiling point
2 oz	Butter	
	Add	
3 oz	Cocoa	Mix well
	Add	
½ t	Salt	Mix until smooth
2 lb	Sugar, powdered	
½ t	Vanilla	
		Yield approx. 4 c

NOTE: Add more sugar if necessary to make frosting hold its shape.

QUICK FROSTING

Amount	Ingredient	Method
6	Egg whites, unbeaten	
1⅓ c	Corn sirup	
2 t	Vanilla	

Mix and beat with electric beater until mixture will hold its shape, approx. 15 min. on second speed.

Yield approx. 7 c

ICE CREAM FROSTING

Amount		Ingredient	Method
18		Egg whites beaten	Combine Beat until the consistency of meringue
	6 oz	Sugar powdered	
		Add slowly	
3 lb		Sugar granulated	Combine and boil until it spins a 3 in thread (238 F)
1 pt		Water hot	
		Beat until mixture is thick and creamy	
		Add	
	13 oz	Sugar powdered sifted	
	2 T	Vanilla	
			Yield approx 2 gal

Note Add more powdered sugar if necessary to make frosting hold its shape when spread Can be kept several days in ice box

ORANGE FROSTING

Amount		Ingredient	Method
1 lb	12 oz	Sugar powdered sifted	Beat together
	2 T	Orange peel grated	
	3 oz	Orange juice	
	1 oz	Lemon juice	
	4	Egg yolks	
			Yield approx 1 qt

Note If necessary add more sugar for the proper consistency

CARAMEL FROSTING

Amount		Ingredient	Method
2 lb	4 oz	Sugar light brown	Place over low flame and stir constantly until sugar is dissolved and mixture boils Continue cooking until mixture forms a medium ball (240°F)
	1¼ c	Water hot	
		Pour sirup in fine stream over	
	6	Egg whites beaten	
		Continue beating until cold and stiff enough to spread on cake	
		Add	
	1 t	Vanilla	
			Yield 2½ qt

BUTTER CREAM

Amount		Ingredient	Method
1 lb		Sugar powdered	Mix Place on stove Cool and beat until lukewarm
	5	Eggs	
		Remove from stove and add	
1 lb		Butter unsalted creamed	
		Mix well	
			Yield approx 1 qt

NOTE Make several hours before using May be used as frosting for petits fours

CHOCOLATE BUTTER CREAM

Amount		Ingredient	Method
2 lb		Butter unsalted	Cream until light and fluffy
1 lb		Fat	
		Add	
	9 oz	Milk condensed	Mix well
		Add	
2 lb	8 oz	Sugar powdered	Mix well
		Add	
	8 oz	Chocolate unsweetened melted	
	1 t	Vanilla	
		Yield Frosting for 48 cakes 2½ in x 4 in	

NOTE Keep in a cool place

LADY BALTIMORE FILLING

Amount	Ingredient	Method
1 t	Orange juice	Combine
1½ T	Lemon juice	
7 oz	Cherries candied	
4½ oz	Macaroon crumbs	
5 oz	Almonds chopped	
	Add	
1¾ qt	Boiled Frosting	
	Blend and spread between layers for cake	
	Yield 1⅞ qt	

CUSTARD FILLING

Amount		Ingredient	Method
	6 oz	Cornstarch	Mix
1 lb		Sugar	
	½ t	Salt	
		Add	
	1 pt	Milk, cold	Stir until smooth
		Add	
2½ qt		Milk, hot	Stirring constantly
		Cook over water until thick	
		Add	
	6	Eggs, beaten	Mix thoroughly. Cook 7 min
		Remove from fire, add	
	2 t	Vanilla	
			Yield approx. 3 qt

Note: Use as a filling for cream puffs or Washington Cream Pie.

DATE FILLING

Amount		Ingredient	Method
2 lb	(A.P.)	Dates or figs, chopped	Cook until mixture is thick
	2¼ c	Water	
	12 oz	Sugar	

Note: Cool and spread on cookies or use as a cake filling. ½ c jelly or ¼ c orange juice may be added to filling.

PRUNE FILLING

Amount		Ingredient	Method
1 lb		Sugar	
	4	Eggs, well beaten	
	1 c	Sour cream	
	½ t	Salt	
	2 oz	Butter	
	1 oz	Flour	
1 pt		Prunes, cooked, chopped	
		Mix and cook in a double boiler	
			Yield approx. 1 qt

MEAT

The turnpike road to people s hearts I find
Lies through their mouths or I mistake mankind
—De Wolcott

The following material is a report[1] of methods of cookery regarde by investigators in the field as suited to the various retail and whol sale cuts of meat

BEEF*

	Retail Cut	Whole sale Cut	Cooking	
			1st Method	2nd Method
I Hindquarter				
1 *Round*	*Hind shank*	*Round*	*Simmer*	*Stew*
	Heel of round		Braise	Simmer
	Round steak		"	*Fry*
	Top round (steak)			Broil
	Bottom round			*Fry*
	Eye of round		"	Braise
	Sirloin tips steak			Broil
	Rump roast			Roast
	Rump roast (boned)	"	"	"
	Dried beef sets	"	Creamed chipped beef	
2 *Loin*	Butt end sirloin	Loin	Broil	Panbroil
	Wedgebone sirloin			
	Round bone sirloin	"		"
	Double bone sirloin		"	
	Hip bone sirloin	"	"	"
	Sirloin roast		Roast	Braise
	S rloin butt		"	"
	Porterhouse or T bone		Broil	Panbroil
	Tenderloin steak		"	"
	Club steak	"		"
3 *Flank*	Flank steak	Flank	Braise	Stew
	Flank steak fillet			Fry
	Flank cubed		"	Stew

[1] Unpublished material Home Economics laboratory manual Courtesy D L Mackintosh Dept Animal Husbandry K S C

BEEF (continued)

	Retail Cut	Wholesale Cut	Cooking 1st Method	Cooking 2nd Method
II Forequarter				
1 *Ribs*	Rib roast—1st cut (11-12 rib)	Rib	Roast	Roast
	Rib roast—2nd cut (8-9 10 rib)		"	
	Rib roast—3rd cut (6 7 rib) or blade roast			"
	Rib steak		Broil	Panbroil
2 *Chuck*	Chuck rib	Chuck	Braise	Roast
	Cross arm or shoulder arm			Braise
	Chuck rib steak		"	Fry
	Cross arm steak			Braise
	Top chuck		"	Simmer
	Knuckle		Simmer	"
	Neck			Stew
	Inside roll		Roast	Braise
	Outside roll		Braise	Roast
	Ground beef (hamburger)		Panbroil	Fry
3 *Plate*	Rolled plate	Plate	Braise	Braise
	Plate pot roast			Simmer
	Skirt fillets			Fry
	Short ribs			Simmer
4 *Brisket*	Fresh brisket	Brisket	Simmer	Braise
	Boned brisket			"
	Corned brisket			Simmer
5 *Shank*	Fore shank	Shank	"	"
Specialties	Kidney†	Specialties	Braise (stew)	Broil
	Brains†		Fry	Braise
	Heart		Braise	Simmer
	Liver		Fry	Braise
	Tongue		Simmer	Simmer
	Plain tripe†			"
	Honeycomb tripe†			
	Sweetbreads†			
	Pancreas		Fry	Braise
	Thymus			

* Cooking methods are suggested for meat grading good or higher (U S Standard)

† Preliminary preparation may be desirable before using the suggested methods of cooking i e sweetbreads are parboiled kidneys and brains are soaked in salt water Fancy meats meat specialties sundries and offal products are synonymous terms

VEAL

	Retail Cut	Wholesale Cut	Cooking 1st Method	Cooking 2nd Method
I Hind Saddle				
1 *Round*	Hind shank	Leg	Simmer	Stew
	Veal cutlets	"	Braise	Fry
	Rump	"	Roast	Braise
	Heel of veal		Braise	Simmer
2 *Loin*	Loin end chop	Loin	"	Fry
	Center loin chop	"	"	"
	Kidney veal chop	"	"	"
	Loin roast	"	Roast	Braise
3 *Flank*	Cubed	Flank	Braise	Stew
II Fore Saddle				
1 *Ribs—Rack*	Rib chop	Rib	Braise	Fry
	Rib roast	"	Roast	Braise
2 *Shoulder*	Blade shoulder	Shoulder	"	
	Shoulder arm	"	"	
	Blade shoulder chop	"	Braise	Fry
	Shoulder arm chop	"		
	Neck		Simmer	Braise
3 *Breast*	Breast cubed	Breast	Stew	
	Breast rolled	"	Braise	Roast
4 *Shank*	Fore shank	Shank	Simmer	Simmer
	Ground veal (meat loaf)	Trimmings	Bake	Braise
*Meat specialties**	Kidney	Specialties	Braise (stew)	Broil
	Brains		Fry	Braise
	Heart		Braise	Simmer
	Liver		Broil	Fry
	Tongue		Simmer	Simmer
	Tripe			
	Sweetbreads		Fry	Braise

* See note for beef specialties

LAMB

	Retail Cut	Wholesale Cut	Cooking: 1st Method	Cooking: 2nd Method
I Saddle				
1 *Leg*	Leg	Leg	Roast	Roast
	Leg slice		Broil	Panbroil
2 *Loin*	Loin end roll	Loin	Roast	Roast
	Center loin			
	Loin end chop		Broil	Panbroil
	Center loin chop			
	English loin chop			
	English kidney chop			"
3 *Flank*	Rolled flank (with breast)	Flank	Roast	Braise
II Rack				
1 *Hotel Rack*	Rib roast	Hotel rack	Roast	Roast
	Crown rib roast			
	Rib chop		Broil	Panbroil
	Frenched lamb chop		"	"
2 *Shoulder*	Cushion style shoulder	Shoulder	Roast	Roast
	Rolled shoulder			
	Blade chop		Broil	Braise
	Shoulder arm chop			
	Mock duck	Shoulder & breast	Roast	
	Saratoga roll	Shoulder	"	Roast
	Saratoga chop		Broil	Panbroil
	Neck slices	"	Braise	Stew
3 *Breast*	Breast cubed	Breast	Stew	
	Breast rolled		Roast	Braise
	Lamb shanks		Braise	
	Ground lamb (patties)	Trimmings	Broil	Panbroil
Meat Specialties	Kidney	Specialties	Panbroil	Stew
	Brains		Fry	Braise
	Heart		Braise	Bake
	Liver			Fry
	Tongue		Simmer	Simmer

* See note for beef specialties

PORK

	Retail Cut	Wholesale Cut	Cooking	
			1st Method	2nd Method
	Fresh			
1 *Feet*	Feet	Feet	Simmer	Simmer
2 *Ham*	Ham	Ham	Roast	Roast
	Fresh ham hock		Simmer	Bake
	Center cut	"	Roast	Roast
	Ham butt	'	"	
	Center slice	"	Braise	Bake
	Ham butt slice	"		"
	Cured			
	Hock	Hock	Simmer	
	Ham	Ham	Roast	Simmer
	Center cut ham			Braise
	Ham butt		"	Simmer
	Center slice		Broil	Panbroil
	Ham butt slice	'	"	"
	Ham shank	"	Simmer	Bake
3 *Loin*	Blade end chop	Loin	Braise	Fry
	Rib chop		"	
	Center loin chop	"		
	Loin end chop	"	"	"
	Shoulder end roast	"	Roast	Roast
	Rib roast			
	Center loin roast	"		"
	Loin end roast		"	
	Tenderloin		"	Braise
4 *Fresh side*	Fresh side pork	Side	Panbroil	Fry
	Cured bacon	Bacon	Broil	Panbroil
	Bacon brisket	brisket	Panbroil	Broil
	Dry salt belly	Belly	"	"
5 *Fat back*	Dry salt fat back	Fat back		
6 *Spare ribs*	Spare ribs	Spare ribs	Braise	Simmer
	Spare ribs (cured or smoked)			
7 *Shoulder*	*Fresh*			
	Shoulder	Shoulder	Roast	Roast
	Picnic			
	Shoulder slices		Braise	Fry
	Shoulder roast		Roast	Roast
	Boston butt	Boston butt	"	
	Boston butt chop		Braise	Fry
	Neck bones	Neck bones	Simmer	Braise
	Pork shoulder hock	Hock		
	Cured			
	Picnic	Picnic	Roast	Simmer

PORK (continued)

	Retail Cut	Wholesale Cut	Cooking 1st Method	Cooking 2nd Method
	Picnic slices Cottage roll Smoked pork shoulder hock	Picnic Cottage roll Hock	Braise Bake Simmer	Fry Simmer "
8 *Clear plate*	Clear plate (dry salt)	Clear plate	Panbroil	Broil
9 *Head*	Pork cutlets Bacon square Ground pork (sausage)	Cutlet Bacon sq re Trimmings	Braise Broil Fry	Fry Panbroil
*Meat specialties**	Kidney Brains Heart Liver Tongue	Specialties	Braise Broil Bake Fry Simmer	Stew Fry Braise " Simmer

* See note for beef specialties

Meat when delivered should be unwrapped and stored at a temperature of 1° to 2°C (33° to 36°F) with a relative humidity of 80 to 90 per cent Temperature should not fall below freezing, unless frozen meat is being stored

A low temperature in meat cookery regardless of the method, is desirable for the greater part of the cooking period, since a high temperature over a long period of time toughens protein and results in large shrinkage losses The method of cookery is ordinarily determined by the amount of connective tissue in the meat

INTERNAL TEMPERATURES* FOR VARYING DEGREES OF DONENESS IN ROASTS

Meat	Degree of Doneness	Temperature		Time per Pound (approx.) Minutes
		Degrees C	Degrees F	
Beef	Rare	54 to 60	130 to 140	16
	Medium done	66 to 71	145 to 155	22
	Well done	77 to 82	160 to 170	30
Veal	Well done	74	165 to 175	20 to 25
Lamb	Well done	82	180	30 to 35
Pork, fresh	Well done	85	185	30
Pork, mild cured	Well done	71	160 to 170	18

* Determined by the use of a meat thermometer

The methods of cooking meat are classified as (1) those using dry heat, including roasting, broiling, and panbroiling and (2) those using moist heat, including braising, stewing and cooking in water. Tender cuts are cooked by dry heat and the less tender are more successfully prepared by the use of moist heat.

Broiled Steak

Steaks, in institutions, are usually broiled in a special broiler or salamander. If a broiling oven is used it should be preheated to a temperature of 177°C (350°F) and the steaks placed on a rack 2 to 3 inches from tip of gas flame or from electric unit. A 1 inch steak or chop is placed 2 inches from the heat, a 2 inch steak or chop is placed 3 inches from the heat. Steaks are browned on one side, seasoned, turned and browned on the opposite side and cooked to the desired degree of doneness. For a steak 2 inches thick this will require approximately 9 to 10 minutes cooking on each side. The meat should be turned only once.

Panbroiled Steak

The steak to be panbroiled is placed on a sizzling hot metal and turned at frequent intervals to insure even cooking and to prevent scorching Care should be taken not to puncture the meat with a fork while cooking Neither water nor fat is added and excess fat should be drained off When the meat is satisfactorily browned on one side it is turned and cooking continued until the desired degree of doneness is reached In panbroiling a thick steak, it is necessary to reduce the temperature after browning

Roast Beef, Veal Pork and Lamb

The piece of meat selected for roasting should be placed on a rack fat side up in an uncovered roasting pan without the addition of water The meat should then be placed in an oven of low temperature and cooked at a constant oven temperature (350°F for fresh pork and 300°F for other meats including cured meats) until it has reached the desired degree of doneness Salt need not be added before cooking as the penetration of the salt is not more than one inch

SWISS STEAK

Amount		Ingredient	Method
16 lb		Beef round ¾ in thick Pound into steak	
1 lb		Flour } Mixed	
	3 oz	Salt Cut into individual servings	
		Brown in	
1 lb	4 oz	Fat hot	
		Remove steak and add to fat	
	3 oz	Flour } Brown	
		Add	
3 qt		Water	
	1 oz	Salt	
	1 t	Pepper Place steak in roaster Cover with gravy	

Cook approx 2½ hr 300 F

NOTE For Spanish Steak cover with Spanish Sauce after placing in roaster

STUFFED FLANK STEAK

Amount		Ingredient	Method
15 lb		Beef flank steak	Slices should be approx 1½ in thick Slit each slice through the center and fill with bread stuffing Rub veal with salt
	2 oz	Salt	
		Arrange slices in a covered roaster Pour over veal a gravy made from	
2 qt		Water	
1 qt		Cream	
	5 oz	Flour	

Bake approx 2½ hr 300°F

NOTE For variety use milk in place of water and cream for gravy and add 2 T paprika just before serving

COUNTRY FRIED STEAK

Amount		Ingredient	Method
12½ lb		Beef round	Remove bone from meat and trim Cut meat into 50 equal portions
		Dredge in	
	8 oz	Flour	Mixed
	2 oz	Salt	
		Brown in	
1 lb		Fat hot	
		Place on a rack in a covered roaster Cover bottom of roaster with water	

Cook approx 1½ hr 300 F

BEEF STEW

Amount		Ingredient	Method
10 lb		Beef cut into cubes	Dredge meat with flour
	4 oz	Flour	
		Brown in	
	8 oz	Fat hot	
		Place in kettle Add	
3 qt		Water	Cover and let simmer 1 hr
		Add	
1 lb	12 oz	Carrots	Let simmer 2 hr
	8 oz	Onion	
	8 oz	Celery	
	3 oz	Salt	
	1 t	Pepper	
		Thicken liquid with	
	2 oz	Flour	
			Serving approx 3½ oz

Note May be served with biscuits or dumplings For Hungarian Goulash add Chili Sauce to taste and serve with steamed rice

MEAT LOAF

Amount		Ingredient	Method
8 lb		Beef ground	
2 lb		Pork ground	
	10 oz	Crumbs bread	
	12	Eggs beaten	
2 qt		Milk	
	2½ oz	Salt	
	2 oz	Onion chopped finely	
	1 t	Pepper	
	f g	Cayenne	
		Mix well	
		Place in 5 oiled pans 4 x 9 in	

Bake approx 1 hr 45 min 350°F

Note Onion may be omitted

For variety add

1 4 c stuffed olives chopped and cover the meat mixture with 1 qt sour cream
2 2 c celery chopped 2 c green pepper chopped
3 Cover meat mixture with tomato sauce
4 Cover meat mixture with sauce made by mixing 2½ c vinegar 5 T Worcestershire Sauce and 5 T Chili powder
5 Shape into 50 individual oblong loaves Bake 45 min 350°F

MEAT CROQUETTES

Amount		Ingredient	Method
8 lb		Meat cooked ground	Combine
	2 oz	Onions chopped	
	3½ c	Milk	
	1 oz	Salt	
		Measure with a No 12 dipper Shape egg and crumb using	
	6	Eggs	
	1 c	Milk	
	12 oz	Crumbs	

Fry in deep fat 3 to 4 min 375°F
NOTE If desired croquettes may be baked 1½ hr 350°F

MEAT ROLL

Amount		Ingredient	Method
2 lb	8 oz	Flour	Use dough method of mixing Divide dough into 4 portions Roll each portion ¼ in thick
1 qt		Milk	
	2½ oz	Fat	
	2 oz	Baking powder	
	1 oz	Salt	
		Spread over dough	
5 lb		Meat cooked ground cold	Mixed
	3 c	Gravy cold	
		Roll as for jelly roll Slice into pieces 1 in thick	

Bake 15 min 450°F — Serving 6 oz
NOTE Serve with a hot meat gravy

SPANISH MEAT BALLS

Amount		Ingredient	Method
12 lb		Meat ground	Combine Measure with No 8 dipper and form into balls Place in covered roaster
12		Eggs beaten	
	1	Onion small	
	1½ oz	Salt	
1 lb	2 oz	Rice partially cooked	
1 lb		Potatoes mashed	
	4 oz	Pepper, green	
		Pour over balls	
3 qt		Tomato purée	Mixed
2 qt		Water	
			Serving approx 4 oz

Cook approx 1½ hr 300 F

CREAMED DRIED BEEF

Amount	Ingredient	Method
2 lb	Beef dried chipped freshened	
	Add	
5 qt	White Sauce No III	

Note Serve on toast or with baked potato

CREAMED BEEF ON TOAST

Amount		Ingredient	Method
9 lb		Beef ground	Cook beef in own fat in heavy pan
		Add	
	1	Onion small chopped (May omit)	
		Add	
	3 pt	Stock hot	Made as white sauce
	3 pt	Milk hot	
	6 oz	Flour	
	12 oz	Butter melted	
	2 oz	Salt	

Note Serve on toast

BRAISED TONGUE

Amount		Ingredient	Method
14 lb		Tongue	Wash tongues Cook until tender Remove skin
		Place in pan add	
	4 oz	Onions	Diced fine
	5 oz	Carrots	
	4 oz	Celery	
		Add	
3 qt		Broth hot	Made as white sauce
	10 oz	Butter melted	
	5 oz	Flour	
	2 oz	Salt	
	2 t	Pepper	
		Let simmer 2 hr turning meat occasionally	
			Serving approx 2 oz

Note Cut the tongue into thin slices Pour the sauce over slices and serve

BRAISED LIVER

Amount		Ingredient	Method
10 lb		Liver sliced 5/1	
		Dredge with	
	8 oz	Flour	Mixed
	2 oz	Salt	
	2 t	Pepper	
		Brown liver in	
1 lb	8 oz	Fat hot	
		Place in a roaster cover with Spanish Sauce and cook until tender	

Cook approx 1½ hr 300°F Serving approx 3½ oz

VEAL CHOPS BAKED WITH SOUR CREAM

Amount	Ingredient	Method
50 (approx 18 lb)	Veal chops cut ¾ in thick	
	Pound then dredge with	
8 oz	Flour	Mixed
2 oz	Salt	
1 t	Pepper	
	Brown in	
1 lb 8 oz	Fat hot	
	Remove to a roaster	
	Add	
2 qt	Cream heavy sour	Mixed
2 qt	Water	

Bake approx 2 hr 250 F

Note Either sweet or sour cream may be used Veal steak may be substituted for chops

BREADED VEAL

Amount	Ingredient	Method
13½ lb	Veal round sliced	Bone Trim Cut into 50 equal servings
	Dredge each piece in	
8 oz	Flour	Mixed
2 oz	Salt	
	Egg and crumb using	
1 c	Milk	
6	Eggs	
1 lb	Crumbs fine	
	Brown in	
1 lb 8 oz	Fat hot	
	Place on a rack in a covered roaster	

Cook 2 hr 250 F

MOCK DRUM STICKS

Amount	Ingredient	Method
10 lb	Veal 1 in thick	Cut meat into cubes and place on skewers alternating the veal and pork 2 pieces pork and 3 of veal on each skewer
7 lb	Pork loin 1 in thick	
50	Skewers	
	Dredge in	
8 oz	Flour	Mixed
2 oz	Salt	
	Egg and crumb using	
1 c	Milk	
6	Eggs	
1 lb 4 oz	Crumbs bread	
	Brown in	
1 lb	Fat hot	
	Place on a rack in covered roaster	

Cook approx 1½ hr 300°F Serving approx 5 oz

Note A fresh mushroom may be placed at each end of skewer before cooking

VEAL PATTIES

Amount	Ingredient	Method
10 lb	Veal ground	Mix
2 lb	Salt pork ground	
6 oz	Crumbs bread	
10	Eggs beaten	
2 oz	Salt	
2 t	Pepper	
1 oz	Onion grated	
1 c	Milk	
	Measure with a No 10 dipper Form into patties	

Bake approx 30 min 350°F

Note Wrap with a strip of bacon and fasten with a toothpick if desired

For Lamb Patties

12 lb ground lamb shoulder meat 2 oz salt 1 t pepper Wrap with bacon strips Broil 18 min

For stuffed meat cakes

Place a thin slice of onion and tomato between 2 thin meat patties Press edges together and fasten with a toothpick Broil

VEAL BIRDS

Amount		Ingredient	Method
12½ lb		Veal round ¼ in thick	Remove bone trim cut into 50 oblong pieces
		(1) Spread one oz of stuffing on each piece of meat ¼ recipe p 171	
		(2) Roll and skewer each with a round toothpick	
		(3) Roll each piece in	
	8 oz	Flour	Mixed
	2 oz	Salt	Mixed
		Brown in	
1 lb	8 oz	Fat hot	
		Add	
1 qt		Water	
		Place on a rack in a covered roaster	
		Cook until tender	

Cook 2½ hr 300°F
Note Pork tenderloin may be substituted for veal

VEAL SOUFFLE

Amount		Ingredient	Method
4 qt		Milk scalded	
	2 oz	Butter melted	Make a white sauce
	4 oz	Flour	Make a white sauce
	2 oz	Salt	Make a white sauce
	½ t	Pepper white	Make a white sauce
		Add in order given	
1 lb	4 oz	Bread cubed	
24		Egg yolks beaten	
6 lb		Veal cooked minced	
		Fold in	
24		Egg whites stiffly beaten	
		Pour into 3 oiled pans 9 in x 14 in Cook over water in oven	

Bake 45 to 55 *min* 325 *F* Serving ½ c
Note Serve with Bechamel Sauce or Pimiento White Sauce Chicken or fish may be used in place of veal

VEAL FRICASSEE

Amount		Ingredient	Method
15 lb		Veal breast or shoulder	Cut into 1 in cubes
		Dredge in	
	8 oz	Flour	
		Brown floured veal in	
1 lb		Salt Pork	
		Add	
4 qt		Water	
	2 oz	Salt	

Let simmer 2 hr or until meat is tender

NOTE Curried veal may be made by adding 1 oz of curry powder when water is added

VEAL STEW WITH VEGETABLES

Amount		Ingredient	Method
10 lb		Veal	Cut into 1 in cubes
		Place in kettle and add	
3 qt		Water	Cover and let simmer 1 hr
		Add	
1 lb		Carrots	Let simmer for 1½ hr or until meat is tender
	4 oz	Onions	
	4 oz	Celery	
	2 oz	Salt	
	1 t	Pepper	
		Add	
	5 oz	Flour made into a paste	
		Cook until gravy is thickened	

SWEETBREAD CUTLETS

Amount		Ingredient	Method
10 lb (A P)		Sweetbreads	Soak 30 min in cold water Boil gently in acidulated water (2 T vinegar 1 t salt to 1½ qt water)
		Add	
	8 oz	Mushrooms chopped	
	2 oz	Salt	
	1 t	Pepper	
	5 T	Lemon juice	
	½ t	Nutmeg	
		Add	
2 qt		White Sauce No IV	Mix well
	8	Eggs slightly beaten	
		Dip with a No 12 dipper When cool shape egg and crumb Chill until firm	

Fry in deep fat 3 to 4 min 375°F
NOTE Cutlets should be held at room temperature at least 30 min before frying
Cutlets may be served on toast points with Hollandaise Sauce
Cooked chicken may be used in place of sweetbreads

PORK AND NOODLE CASSEROLE

Amount		Ingredient	Method
8 lb		Pork shoulder diced	Brown together
	12 oz	Onion chopped	
		Add	
8 qt		Water	Cook until tender Add more water if necessary
	2 oz	Salt	
		Add	
2 lb		Noodles cooked	
		Place in casseroles	

Bake approx 30 min 350°F — Serving approx 4 oz
NOTE Chicken may be substituted for pork

PORK CHOPS WITH STUFFING

Amount	Ingredient	Method
12½ lb	Pork chops 4/1	
	Brown chops in	
8 oz	Fat hot	
	Arrange chops in roaster Sprinkle over chops	
2 oz	Salt	
	Place 2 oz stuffing on each chop	Use ¼ bread stuffing recipe p 171
	Pour over them	
3 qt	Milk skim	
	Baste frequently with the milk	

Bake 1½ hr 300°F

NOTE For Stuffed Pork Chops cut pork chops ½ in thick split Fill with stuffing Proceed as for Pork Chops with Stuffing

DEVILED PORK CHOPS

Amount	Ingredient	Method
8 oz	Butter creamed	
	Add	
1 c	Chili sauce	Mix and brush on chops
1 c	Tomato catsup	
½ c	Worcestershire sauce	
½ c	Mustard prepared	
2 oz	Salt	
¼ t	Cayenne	
12½ lb	Pork chops cut 4/1	
	Pour remainder of sauce over chops	
	Add	
1 c	Water	

Bake approx 2 hr 350°F

BAKED HAM

Amount	Ingredient	Method
18 lb (approx)	Ham cured	Trim ham if necessary Rub sugar into ham and dot with cloves
4 oz	Sugar brown	
[illegible] T	Cloves whole	

Bake approx 30 to 35 min per lb 300°F Serving approx 2 oz

Note Variations Ham may be boiled or steamed until tender cooled in the broth sugar and spices added and browned in a hot oven

For mild cured ham bake 18 min per lb 325°F or follow directions on wrapper

VIRGINIA BAKED HAM

Amount	Ingredient	Method
16 lb	Ham cured center cut	Sliced ½ in thick
	Rub over surface of meat	
14 oz	Sugar brown	Mixed
2⅔ T	Mustard dry	
	Place in baking pan Pour around the ham slices	
1 c	Vinegar	Mixed
2 qt	Water	
	Cover tightly	

Bake approx 2 hr 300 F Serving approx 2 oz

HAM LOAF

Amount	Ingredient	Method
4 lb	Ham lean fresh	Grind
8 lb	Ham cured	
	Add	
1 lb	Crumbs	Mix thoroughly
1 pt	Milk	
12	Eggs beaten	
1 t	Pepper	
	Mold into 5 oiled loaf pans Place pans in water	

Bake 2 hr 350°F

HAM AND EGG SCALLOP

Amount		Ingredient	Method
2 lb	12 oz	Ham minced	Fill oiled baking pans with alternate layers of ham eggs and white sauce
36		Eggs hard cooked sliced	
3 qt		White Sauce No II	
		Cover with	
	12 oz	Bread crumbs	Mixed together
	3 oz	Butter, melted	

Bake 30 to 40 min 400°F

Serving approx 4 oz

SWEETBREADS AND HAM CREAMED

Amount		Ingredient	Method
	12 oz	Butter melted	Make a white sauce
	8 oz	Flour	
	1½ oz	Salt	
3 qt		Milk	
		Add	
3 lb		Sweetbreads cooked	Cut into cubes
3 lb		Ham cooked	

Heat in top of double boiler 20 min

Serving approx ¾ c

SAUSAGE ROLLS

Amount		Ingredient	Method
10 lb (approx)		Sausage link	
2 lb	8 oz	Flour	Make a biscuit dough Divide dough into 2 portions Roll each portion to ½ in thickness and cut into rectangles 3 in x 4 in
	3 oz	Baking powder	
	1 oz	Salt	
1 lb		Fat	
1 qt		Milk	
		Place two partially cooked link sausages in the center of each piece of dough and fold over	

Bake 20 min 400°F

NOTE Serve with sausage gravy

APPLES STUFFED WITH SAUSAGE

Amount	Ingredient	Method
50 (approx 15 lb)	Apples tart	Wash and core apples Pare upper ¼ of each apple
	Place apples in a baking pan Sprinkle over the apples	
3 lb	Sugar brown	
	In the center of each apple place an equal portion of pork sausage	
3 lb	Sausage	
	Pour hot water into the baking pan to a depth of 1 in	

Bake approx 1 hr 350°F or until apples are tender
Note Serve with toast or with waffles

STUFFED PEPPERS

Amount	Ingredient	Method
7 lb	Meat cooked ground	
	Add	
	Green pepper trimmings	Fried 3 min
1	Onion chopped	
4 oz	Fat	
	Add	
1 oz	Salt	Mixed well
6	Eggs beaten	
1 pt	Milk	
	Fill	
50	Green pepper halves	
	Sprinkle over top	
4 oz	Bread crumbs	Mixed
2 oz	Butter melted	
	Pour around peppers	
- qt	Milk	

Bake 1 hr 350 F — Serving approx 5 oz

SCRAPPLE

Amount		Ingredient	Method
8 lb		Pork fresh	Boil until the meat falls to pieces (Add water as it evaporates)
6 qt		Water	
	3 oz	Salt	
		(1) Remove the meat and bones from the liquid (2) Remove any bones or gristle from the meat (3) Chop meat fine and return to liquid (There should be 1¼ gal of boiling liquid)	
		Add slowly	
2 lb	8 oz	*Cornmeal yellow*	*Stirring constantly*

Boil 5 min then place in steamer and cook 3 hr Turn into shallow pans to mold Cut into ½ in slices dip in flour and fry until brown and crisp on both sides

HOT TAMALE PIE

Amount		Ingredient	Method
2 lb	8 oz	Cornmeal	Make a stiff mush
	2 oz	Salt	
7 qt		Water	
		Pour half of hot mush into baking pan Cover with meat mixture	
8 lb		Beef cooked ground	
		Add	
3 qt		Tomatoes	Mixed
	4 oz	Onions minced	
	2 cloves	Garlic	
	1 oz	Salt	
	2 oz	Chili powder	
		Pour remaining mush over meat mixture	

Bake 30 to 40 min 350 F *Serving approx 6 oz*

CREOLE SPAGHETTI

Amount	Ingredient	Method
5 oz	Onion	Fry
8 oz	Fat	
	Add	
2 oz	Flour	Make as white sauce
1 No 10 can	Tomatoes hot	
	Add	
4 lb	Meat chopped or ground cooked	
	Add	
1 lb	Spaghetti	Cooked until tender Drained and washed
7 qt	Water boiling	
1 oz	Salt	
	Pour into an oiled pan	
	Sprinkle over the top	
6 oz	Cheese ground	

Bake approx 45 min 300°F   Serving approx 5 oz

MEXICAN CHILI

Amount	Ingredient	Method
2 lb 12 oz	Beans kidney	Cook
	Add	
1 qt	Tomato puree	Mix
8 oz	Onions chopped	
9 lb	Beef ground seared	
3 oz	Suet	
$2\frac{1}{4}$ oz	Chili powder	
2 oz	Salt	
	Water to make a total volume of 12 qt	
	Let simmer about 3 hr	
	Add	
5 oz	Flour	Made into a paste
	Heat until flour is cooked	

Serving approx 8 oz

CHOP SUEY

Amount		Ingredient	Method
5 lb		Veal ½ in cubes	Sear
3 lb		Pork ½ in cubes	
		Add	
	3 oz	Salt	Stew until tender
1 gal		Water	
		Add	
	8 oz	Flour	*Smoothed to a paste*
	1 pt	Water	
		Add	
	4 oz	Green peppers cut fine	Cook approx 30 min
	8 oz	Onions chopped	
5 lb		Celery diced	
		Add	
3 lb	6 oz	Bean sprouts	
	1–1½ c	Chinese sauce	
		Serve on mounds of	
3 lb		Rice	Steamed
		Garnish with	
3 (No 2½) cans		Chinese noodles	

NOODLE RING

Amount		Ingredient	Method
1 lb	12 oz	Noodles	Cook until tender Drain and wash
6 qt		Water	
	1½ oz	Salt	
		Add and mix	
	8 oz	Bread soft crumbs	
	4 oz	Onion	Chopped fine
	2 oz	Green pepper	
	3 oz	Pimiento	
	2 t	Parsley	
	12	Eggs beaten	
1 qt		Milk	
	1 t	Paprika	

Pour into 50 individual oiled ring molds or 4 large molds Set in pan of hot water Bake 30 min 350°F *Unmold fill with creamed chicken or ham*

Note For rice ring substitute 1¼ lb of rice for the noodles Noodles may be cooked in broth

PASTRY

Dame get up and bake your pies
Bake your pies bake your pies
Dame get up and bake your pies
On Christmas day in the morning
—Mother Goose

PASTRY I

Amount		Ingredient	Method
25 lb		Flour	Mix (low speed) until flour and fat are thoroughly mixed
18 lb		Shortening	
		Add	
3¼ qt		Water cold	Combined
	12–14 oz	Salt	
		Mix until dough will hold together	
		Yield approx 50 lb	

Note Use approx 4 oz for lower crust and 3 oz for upper crust This pastry should be mixed several hours before it is to be used and may be kept covered in refrigerator for several days

PASTRY II

Amount		Ingredient	Method
1 lb 6 oz		Flour sifted	Mix
1 lb		Shortening	
		Add slowly	
	1¼ c	Water cold	Combined
	1 T	Salt	
		Divide dough into 16 portions	
		Roll each portion to ⅛ in thickness	
		Yield six 8 in double crust pies	

Note For the best results this pastry should be used the day that it is made

WHOLE WHEAT PASTRY

Amount	Ingredient	Method
1 lb	Flour white	Mix together until crumbly
14 oz	Flour whole wheat	
1 lb 5 oz	Shortening	
	Add	
1¾ c	Water cold	Combined
1 oz	Salt	

Mix with a lifting and folding motion until all the wet spots have disappeared Do not overmix Let stand several hours before using

Yield eight 8 in double crust pies

PIE MERINGUE

Amount	Ingredient	Method
16	Egg whites	Whip past frothy stage approx 1½ min (third speed)
½ t	Salt	
	Add gradually while beating	
14 oz	Sugar granulated	Mixed
2 T	Cornstarch	
	Beat until stiff enough to hold peaks but not dry Spread on pie	

Bake approx 15 min 350°F

Yield meringue for eight 8 in pies

APPLE PIE

Amount	Ingredient	Method
10 lb 8 oz	Apples tart sliced	Arrange apples in 8 deep pie tins that have been lined with pastry
	Sprinkle over the apples	
2 lb 4 oz	Sugar	Mixed
6 oz	Cornstarch	
2 t	Nutmeg	
	Add	
8 oz	Butter melted	
	Cover with pastry Brush top with milk	

Bake approx 15 min 400°F Lower temperature to 325° and bake 40 min or until apples are done

Yield eight 9 in pies

NOTE The amount of cornstarch may vary with juiciness of the apples used

CANNED FRUIT PIE FILLING

Amount	Ingredient	Method
1 qt	Juice	Heat
	Add while stirring	
1 pt	Juice	Mixed
6 oz	Cornstarch	
	Cook until stiff While still hot add	
3 lb 4 oz	Sugar	Mix thoroughly and bring to boiling point
1 T	Salt	
	Add	
1½ No 10 cans	Fruit water pack drained Mix carefully Cool at room temperature before using	

Bake approx 30 min 425°F Yield eight 8 in pies

NOTE This recipe may be used for all canned fruit fillings such as apricot blackberry cherry gooseberry or raspberry

RAISIN PIE FILLING

Amount	Ingredient	Method
4 lb	Raisins washed	Let simmer until raisins are plump
4½ qt	Water hot	
	Add while stirring	
2 lb 4 oz	Sugar	Mixed
6 oz	Cornstarch	
2 t	Salt Cook until thick	
	Add	
6 T	Lemon juice	
3 oz	Butter Pour into unbaked pie shells	

Bake 15 min 425°F and 15 min 375°F Yield eight 8 in pies

NOTE A superior product is obtained if 3 qt cream are substituted for 3 qt water

DRIED APRICOT PIE FILLING

Amount		Ingredient	Method
5 lb		Apricots dried	Wash and drain Cover with water Cook slowly without stirring until tender (approx 45 to 60 min)
		Add	
4 lb		Sugar	Mixed
	2½ oz	Cornstarch	
	½ c	Water	
		Continue cooking until juice is clear	
		Cool before pouring into unbaked pie shells	

Bake 30 min 450°F Yield eight 8 in pies

Note For prune pie filling use 8 lb prunes (cook and pit) 4 c prune juice 2 lb sugar 8 oz butter ½ c lemon juice, 4 oz flour and 1 t salt

CRANBERRY PIE

Amount		Ingredient	Method
2 lb		Raisins cooked	
5 lb		Cranberries	
		Add while stirring	
	2½ c	Orange juice	Mixed
	8 oz	Cornstarch	
5 lb		Sugar	
	1 T	Salt	
		Cook over low heat until thick	
		Cool before pouring into unbaked pie shells	

Cut pastry for upper crust into ⅜ in strips Arrange in lattice fashion across top

Bake 30 min 425°F Yield eight 8 in pies

Note If cranberries are tart more sugar may be needed

RHUBARB PIE FILLING

Amount		Ingredient	Method
4 lb		Sugar	Mix
	1 t	Salt	
	4	Lemon rinds grated	
	8 oz	Flour	
		Add	
	12	Eggs beaten	Mixed
7 lb	8 oz	Rhubarb cut fine	
		Fill unbaked pie shells	

Bake approx 30 min 350°F Yield eight 8 in pies

Note A top crust may be made of ⅜ in pastry strips arranged in lattice fashion

CREAM PIE FILLING I

Amount		Ingredient	Method
4 qt		Milk	Heat until boiling point is reached
		Add while stirring Cook until thick	
3 lb	3 oz	Sugar	Mixed
	11 oz	Cornstarch	
	2 t	Salt	
		Add while stirring	
16		Egg yolks beaten	Cook approx 10 min
		Add	
	4 oz	Butter	Beat thoroughly
	2 T	Vanilla	
		Pour into baked pie shells Cover with meringue	
Bake 15 min 350 F			Yield eight 8 in pies

CREAM PIE FILLING II

Amount		Ingredient	Method
2 qt + 1 c		Milk	Heat to the boiling point
	1 T	Salt	
1 lb	8 oz	Sugar	
		Add slowly stirring constantly	
	6 oz	Flour	Mixed
	6 oz	Cornstarch	
6		Eggs whole	
6		Egg yolks	
	1½ pt	Milk	
		Stir until thick cook well Remove from fire	
		Add	
	1 T	Vanilla	Mix well when butter is melted
	3 oz	Butter	
		Pour over	
16		Egg whites beaten	Mixed
	12 oz	Sugar	
		Pour into baked pie shells while mixture is hot Chill	
			Yield eight 8 in pies

Note For fruit tarts Substitute 2 qt cream for equal quantity of milk Fill baked individual pastry shells ⅔ full of cream pie filling add fresh canned or frozen fruits (blueberries peaches cherries) Cover with whipped cream

CREAM PIE VARIATIONS

Kind	Changes in Cream Pie Filling I
Cocoanut Cream	Add 12 oz browned cocoanut to meringue and filling
Grapenut Cream	Add ½ package of grapenuts and 2 oz butter
Chocolate	Add 6 oz cocoa and 3 oz sugar Omit 1 oz cornstarch
Banana	Slice 1 large banana in each pie shell before adding cream filling
Nut	Add ½ c chopped pecans or other nuts

BUTTERSCOTCH CREAM FILLING

Amount		Ingredient	Method
1 lb		Butter melted	
		Add	
2 lb	8 oz	*Sugar brown*	Mix thoroughly Stir and cook over a low flame to 220 F
	1 oz	Salt	
		Add slowly while stirring	
3 qt		Milk whole	Stir well
		Heat the above mixture to the boiling point	
		Add while stirring	
	6 oz	Cornstarch	Thoroughly blended
	6 oz	Flour pastry	
1 qt		Milk warm	
	5	Eggs whole	
	10	Egg yolks	
		Cook until thick Remove from fire	
		Add	
	2 T	Vanilla	
	4 oz	Butter in small pieces	
		Cool Fill baked pie shells	
		Cover with meringue	

Bake 15 min 350 F

Yield eight 8 in pies

PUMPKIN PIE

Amount			Ingredient	Method
	24		Eggs beaten	Combine
2 qt	1	pt	Pumpkin	
			Add	
1 lb	12	oz	Sugar	Mixed
	10	oz	Sugar brown	
	1	T	Ginger	
	1½	T	Cinnamon	
	1	T	Salt	
			Add	
2 qt			Milk	
	3	c	Cream	
			Pour into unbaked pie shells	

Bake 15 min 425°F lower temp to 275°F and bake 45 min
Yield eight 8 in deep pies

LEMON PIE FILLING

Amount			Ingredient	Method
2 qt	1	c	Water	Heat to the boiling point
3 lb	8	oz	Sugar	
	2	t	Salt	
	3		Lemon rinds grated	
			Add slowly stirring constantly	
	12	oz	Cornstarch	Cook until clear and until boiling point is reached
	1½	pt	Water	
			Remove from fire	
			Add slowly stirring constantly	
	1½ c		Whole eggs or 16 yolks well beaten	
			Add	
	3	oz	Butter	
			Add	
	1½ c		Lemon juice	Mix well
			Pour into baked pie shells Cover with meringue	

Bake 15 min 350°F
Yield eight 8 in pies

GRAHAM CRACKER PIE

Amount		Ingredient	Method
1 lb	5 oz	Graham cracker crumbs	Mix
1 lb	12 oz	Sugar	
1 lb	12 oz	Butter melted	
	2 oz	Flour	
		Save 4 c for topping Pat mixture into pie pans Place pie pans in cold place and allow to stand for several hours Fill with cream or caramel pie filling Cover with meringue and sprinkle ½ c crumb mixture over the top of each pie	

Bake approx 15 min 350°F — Yield eight 8 in pies

SOUR CREAM RAISIN PIE

Amount	Ingredient	Method
3 lb	Raisins	Soak in hot water for 1 hr *Wash well and drain*
	Add	
16	Egg yolks beaten	Mixed well
4 lb	Sugar	
2 qt	Cream sour heavy	
	Pour into unbaked pie shells	

Bake 45 min 300°F — Yield eight 8 in pies

Note A meringue made of the egg whites may be placed on top after the pie is baked

SOUR CREAM PIE

Amount		Ingredient	Method
2½ qt		Cream sour	Mix and cook until thick
2 lb	1[illegible] oz	Sugar	
	6 oz	Flour	
21		Egg yolks beaten	
	3 T	Cinnamon	
	1½ T	Cloves	
	2 T	Nutmeg	
		Add	
3 lb A P	8 oz	Raisins cooked Pour into baked pie shells Top with meringue	

Bake 15 min 350°F — Yield eight 8 in pies

PECAN PIE

Amount		Ingredient	Method
4 lb		Sugar	Cream
	4 oz	Butter	
	1 T	Salt	
		Add	
24		Eggs, beaten	Mix well
		Add	
1 qt		Corn sirup, white	Mix well
	2½ T	Vanilla	
		Add	
1 lb		Pecans	
		Pour into unbaked pie shells	

Bake 1 hr 300°F — Yield eight 8 in. pies

STRAWBERRY BAVARIAN CREAM PIE

Amount		Ingredient	Method
12		Egg yolks	Cream
1 lb		Sugar	
	¼ t	Salt	
		Add to	
1 qt		Cream, hot	Cook 3 min
		Add	
	2 T	Gelatin	Sprinkle gelatin over water. Soak 10 min
	1 c	Water, cold	
		Add	
1½ qt		Cream, whipped	
	2 t	Vanilla	
		Fill 50 individual baked pie shells. Around edge of filling place strawberries, fresh or frozen, cut lengthwise in halves. Fill center with whipped cream (sweetened) and place a whole strawberry in center	

CHOCOLATE CHIFFON PIE

Amount	Ingredient	Method
1½ oz	Gelatin	Sprinkle gelatin over water. Soak 10 min.
1½ c	Water, cold	
	Add, stirring until dissolved	
1½ pt	Water, boiling	Combined
8 oz	Chocolate	
	Add	
24	Egg yolks, slightly beaten	Mixed. Cook until mixture begins to thicken
1 lb 8 oz	Sugar	
1½ t	Salt	
2 T	Vanilla	
	Cool until gelatin begins to set. Fold in	
24	Egg whites, stiffly beaten	Folded together
1 lb 8 oz	Sugar	
	Pour into baked pie shells and chill. Spread whipped cream over the pies just before serving. Yield: eight 8 in. pies	

LEMON CHIFFON PIE

Amount	Ingredient	Method
21	Egg yolks	Beat well. Cook over boiling water until the consistency of custard
1 lb 8 oz	Sugar	
2 t	Salt	
2½ c	Lemon juice	
	Pour over	
1½ oz	Gelatin	Which has been soaked in 1¾ c cold water 5 min.
	Stir until dissolved, add	
2 T	Lemon rind	
	Place in ice box until mixture begins to congeal. Fold in	
21	Egg whites, beaten	Folded together
1 lb 2 oz	Sugar	
	Fill baked pie shells. Yield: eight 8 in. pies	

NOTE: Just before serving spread 1 c whipped cream over the top of each pie. Orange juice may be substituted for lemon juice.

LEMON FLUFF PIE

Amount		Ingredient	Method
24		Egg yolks	Mix and cook in a double boiler until thick
	1 c	Lemon juice	
	6	Lemon rinds grated	
2 lb		Sugar	
	1 t	Salt	
	3 oz	Butter	
		Fold in	
24		Egg whites beaten	Folded together
2 lb		Sugar	
		Pour into baked pie shells	

Bake 10 min 350°F. Yield eight 8 in pies

Note If baked too long pies will fall

PUMPKIN CHIFFON PIE

Amount		Ingredient	Method
2 qt	1 pt	Pumpkin	Mix Heat to the boiling point
	3 c	Milk	
	2 t	Salt	
2 lb	8 oz	Sugar brown	
	1 T	Ginger	
	½ T	Nutmeg	
	½ T	Cinnamon	
		Add	
16		Egg yolks beaten	Cook until mixture thickens (20 to 25 min if cooked in double boiler)
		Pour over	
	2 oz	Gelatin	Sprinkle gelatin over water Soak 10 min
	1 pt	Water cold	
		Add	
	2 oz	Lemon rind grated	Cool until mixture begins to congeal
	¼ c	Lemon juice	
		Fold in	
24		Egg whites	Beaten together to form meringue
	8 oz	Sugar	
		Pour into baked pie shells Chill	
		Top with whipped cream and chopped nuts	
		Yield eight 8 in pies	

PREPARATION AND COOKING OF POULTRY*

Stuff it and roast it and baste it with care
Daintily then the gravy prepare
While round you the *savory odors shall tell*
What e er is worth doing is worth doing well

A fowl is said to be dressed when it has been killed bled and plucked A dressed fowl is not ready to cook until it has been drawn and trussed or disjointed Trussing refers specifically to fastening the wings and legs to the body but is used here in the broader sense, including all the final operations of preparing a roasting fowl for the oven

The first step in the further preparation of a dressed bird for cooking is to remove the hair or filoplumes by singeing over a fire The bird should then be thoroughly cleaned with a vegetable brush Some prefer to wash it also with soap and water

Preparing a Roaster

1 *Pull tendons and remove shanks* The tendons which connect the muscles of the leg or drumstick with the toes make that portion of the carcass tough and stringy These may easily be removed (provided the bird has been chilled 24 hours or longer) by making an incision in the back side of the shank, slipping a nail or hook under one tendon at a time and giving a steady pull A patented sinew puller may be used, with which all the tendons may be removed at once After the tendons have been pulled, the shanks should be cut off at the hock joint

2 *Remove the head, neck, gullet and crop* After the above operation place the bird on a table covered with clean wrapping paper and with a sharp knife make an incision in the skin down the back of the neck to the point where it joins the body Then loosen the skin from the neck as well as the gullet, crop, and windpipe and pull the windpipe from the body Cut off the head leaving the gullet, crop, and windpipe attached to the head and the loose neck skin

* Adapted from mimeographed material Department of Poultry Husbandry Kansas State College

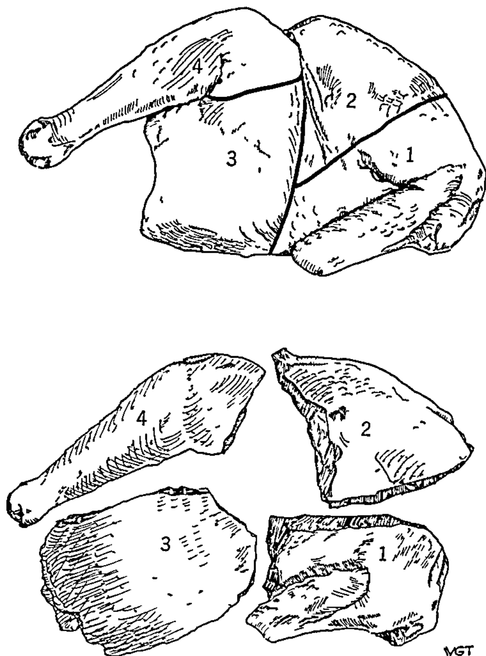
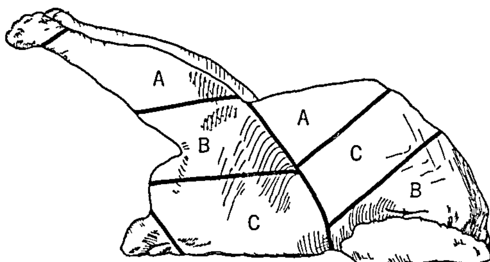
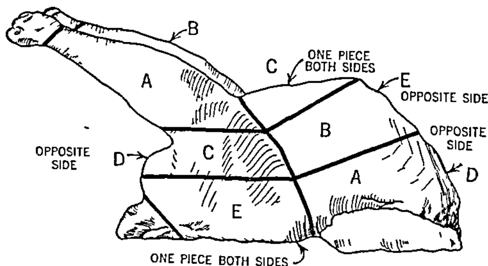


Fig III —Cutting four portions of fowl for fricassee



Courtesy Armour and Co

Fig IV.—Carving six portions of roast chicken—dark and light meat equally divided



Courtesy Armour and Co

Fig V.—Carving five portions of roast chicken—dark and light meat equally divided

attached to the carcass The neck is disjointed from the body at the shoulders If one wishes to remove the wishbone, it should be done at this time The bird is placed on its rump, the skin of the neck and crop is folded back, and the flesh is scraped from the wishbone with the back side of the knife blade The knife is then passed under both sides of the bone, cutting it loose at the shoulders, after which the bone is easily removed

3 *Drawing* Removing the internal organs is referred to as drawing There are several ways by which this may be accomplished, but the method here described has proved very satisfactory

Place the first finger in the opening at the crop and loosen both lungs Then insert the knife at the side of the vent and cut completely around it Wrap vent with paper and push into body cavity Make a second cut 2 inches long half way between the vent and the end of the keel, perpendicular to the keel Insert the finger through this last or larger incision, loosen the intestines, and draw them out as carefully as possible The giblets, which include the heart, liver, and gizzard, are separated from the intestines, cleaned, and washed The oil sac at the base of the tail should then be removed The carcass is again washed inside and out and is ready for stuffing and roasting

Order of Procedure in Preparing a Roaster

1 Preparation
   (*a*) Singe over a paper alcohol or gas flame
   (*b*) Brush
   (*c*) Pull tendons and remove shanks at hock joints
   (*d*) Cut down back of neck
   (*e*) Remove crop gullet windpipe and head
   (*f*) Cut neck from body at shoulders
2 Drawing
   (*a*) Insert first finger and loosen the lungs
   (*b*) Remove wishbone if desired
   (*c*) Make incision around vent, wrap with paper
   (*d*) Cut across abdomen
   (*e*) Insert first and second fingers and draw
   (*f*) Separate giblets (heart liver and gizzard) from intestines

3 Trussing
  (a) Sever tendons between drumsticks and thighs
  (b) Place end of drumsticks through slit and out vent opening
  (c) Draw neck skin over front opening on to back
  (d) Fold wings in place
  (e) Remove oil sac at base of tail
4 Stuffing
  (a) Salt inside and outside of roaster
  (b) Stuff with dressing (1 c per pound of weight)
  (c) Rub the bird with flour and butter paste (Use 4 oz of flour to 6 oz of melted butter to make paste)
5 Roasting
  (a) Place on rack in roasting pan with breast down Turn bird with breast up when half cooked
  (b) Roast approx 35 to 40 min per lb 325°F Baste with butter and hot water when necessary (4 oz butter to 1 qt hot water)

NOTE Roast turkey 25 to 30 min per lb 300°F

Preparing Broilers

After the broiler is singed and brushed or washed the back is split and the internal organs are removed The neck is next removed and the broiler is left in one piece After broiling it may be served whole, in halves or in quarters depending upon the size

Preparing Fryers and Fowls

1 *Disjointing fryers and fowls* Young chickens which are too large to broil and fowls that are not desirable for roasters are usually cut up into small pieces and fried fricasseed or stewed The bird to be so treated is handled in the same manner as the bird to be roasted until the time of drawing The bird is then cut into 12 pieces as follows The two wings are removed at the joint next to the body, then the legs are disjointed at the back each leg is cut into 2 portions at the knee which gives 2 drumsticks and 2 thighs An incision is next made through the thin muscle tissue at the rear of the breast or keel bone, and the knife is passed forward and upward to the juncture of the last rib and the back After this is repeated on the opposite side the back is broken at that point The intestines and giblets are removed and the latter are put to one side to be cleaned later The breast is separated from the ribs and cut into three pieces The neck and ribs constitute the two last pieces

Cooking Fryers and Fowls

Fried Chicken Cut 2½ to 3½ lb chicken into desired pieces Dip into seasoned flour (or flour and cornmeal mixed) Fry slowly for 30 min in approx 4 to 6 oz of neutral fat May be covered the last few minutes of cooking period

Chicken a la Maryland Cut 4 to 5 lb fowl into desired pieces Dip into seasoned flour and brown in hot fat Place in roaster and cover with thin cream Bake until tender, approx 2½ to 3 hr 325°F

AVERAGE PER CAPITA DRESSED WEIGHT ALLOWANCE FOR VARIOUS KINDS OF POULTRY*

Poultry	Method of Preparation	Class	Average Dressed Weight as Purchased	Per Capita Allowance Dressed Weight
Chicken	Roast	Rooster	4 to 7 lb	3 to 1 lb
		Capon	6 to 9 lb	3 to 1 lb
	Broil	Broiler	1/ to 2/ lb	1 to 1 lb
	Cream or scallop	Fowl or Hen	3 to 6 lb	¾ lb
	Fricassee or stew	Fowl or Hen	3 to 6 lb	¾ to lb
	Fry	Fryer	2/ to 3 lb	/ to ¾ lb
Turkey	Roast	Hen or Tom	12 to 16 lb	3 to 1 lb
Duck	Roast		4 to 6 lb	3 to 1 lb
Goose	Roast		10 to 12 lb	3 to 1 lb
Guinea	Roast	Hen	2 to 3 lb	1 to 1 lb

* Adapted from Bessie Brooks West and LeVelle Wood Food Service in Institutions p 107 John Wiley & Sons 1938

BREAD STUFFING

Amount	Ingredient	Method
6 lb	Bread stale cubed	Mix
1 t	Pepper	
2 t	Sage	
[illegible] t	Salt	
2 oz	Onion minced	
	Add	
2½ qt	Water (or more)	Mix thoroughly and lightly
6 oz	Butter melted	
3	Eggs beaten	

Note The amount of water required will depend upon the dryness of the bread Chicken fat may replace part of the butter and broth may be used in place of water For variety add 3 c celery chopped fine 3 c chopped apple 3 c cooked chestnuts 3 c oysters and liquor or 2 lb sausage Do not use whole wheat bread

VARIATIONS OF PLAIN BREAD STUFFING

Kind	Ingredients*
Rice	Combine thoroughly 2 c cooked rice heart liver and gizzard of bird cooked and minced ⅛ t pepper 1 t salt ½ c minced celery 3 T melted butter and 1 small onion minced
Giblet	Add cooked giblets chopped to recipe for Bread Stuffing
Mushroom	2 c mushrooms browned in 4 T butter Add 3 c stale bread cubed ½ t minced onion 1 t salt 1 T minced parsley and 1½ c hot water
Almond	1 c diced celery browned in 2 T melted butter Add and combine lightly 3 c stale bread cubed 1½ c chopped almonds ½ c evaporated milk ½ t minced onion 1 t salt and ⅛ t pepper

* Stuffing for one 4 to 5 lb chicken

CHICKEN FRICASSEE

Amount	Ingredient	Method
25 lb (8 3 lb fryers)	Chicken	Prepare as for stewed chicken Season with salt and pepper
1 oz	Salt	
½ t	Pepper	
	Dip each piece in	
12 oz	Flour	
	Brown chicken in	
8 oz	Butter hot	
8 oz	Fat hot	

Remove to roasting pan and cover with boiling water Cook slowly When tender remove from stock and make gravy in pan where chicken was browned For gravy use 1¼ c fat 1¼ c flour, and 3 qt liquid in which chicken was cooked

CHICKEN TIMBALES

Amount	Ingredient	Method
1 lb	Butter	Melt
	Add	
12 oz	Bread crumbs	Cook 5 min stirring constantly
2⅔ qt	Milk	
	Add	
5 lb 6 oz (4 4½ to 5 lb fowls)	Chicken chopped	
3 T	Parsley (may omit)	
32	Eggs beaten slightly	
1 oz	Salt	
1 t	Pepper white	
	Pour into 50 custard cups and bake as custard in pans of water	

Bake 30 min or until firm 325°F

NOTE Serve with Bechamel Sauce Garnish with riced egg yolk May use ham in place of chicken

CHICKEN PIE

Amount	Ingredient	Method
5 lb (4 4½ to 5 lb fowls)	Chicken cooked cubed	
3 lb 8 oz	Potatoes raw cubed	
2 lb	Peas fresh or frozen	
	Place in each of fifty 5 oz baking dishes	
	5 potato cubes	
	1 T peas	
	approx 1 oz chicken	
	Add	
	⅓ c chicken gravy	
	Cover with	

Batter Crust

Amount	Ingredient	Method
2 lb 4 oz	Flour	Mix
1½ oz	Baking powder	
1 T	Salt	
2 oz	Sugar	
	Add	
2 qt 1½ c	Milk	
18	Egg yolks beaten	
4 oz	Butter melted	
	Stir only enough to mix	
	Fold in	
18	Egg whites beaten	

Bake 12 to 15 min 450 F

CREAMED CHICKEN

Amount	Ingredient	Method
1 lb	Flour	Make as white sauce
3½ c	Chicken fat	
3¼ qt	Chicken stock hot	
1½ oz	Salt	
	Add	
2 qt	Milk hot	
5 lb (4 4½ lb hens)	Chicken cooked cubed	
		Serving approx 6 oz

CHICKEN À LA KING

Amount	Ingredient	Method
12 oz	Fat chicken melted	Make as white sauce
10 oz	Cornstarch	
2 qt	Stock, chicken hot	
2 qt	Milk hot	
1 qt	Cream hot	
	When well cooked add	
5 lb (4 4½ to 5 lb fowls)	Chicken diced	
1½ oz	Salt	
5 oz	Pimientos shredded	
12 oz	Butter	
	Bring to the boiling point add	
16	Egg yolks beaten stirring constantly	
	Yield 10 qt	

CHICKEN AND RICE CASSEROLE

Amount	Ingredient	Method
4 lb	Rice	When cooked moisten with chicken broth
4 oz	Butter	Make as white sauce
2½ qt	Milk	
2 qt	Broth	
4 oz	Flour	
	Add	
5 lb (4 4½ to 5 lb fowls)	Chicken cooked diced	
1½ oz	Salt	
	Arrange in layers in buttered casseroles	
	Rice chicken and	
1 lb 12 oz	Mushrooms	
8 oz	Almonds shredded	
4 oz	Pimiento	
	Cover with layer of rice	
	Sprinkle with buttered crumbs	

Bake 1 hr 350 F

Serving approx ¾ c

SCALLOPED CHICKEN

Amount		Ingredient	Method
5 lb (4½ to 5 lb fowls)		Chicken, cooked, cubed	
	2 c	Fat, chicken, melted	Combine as white sauce
	8 oz	Flour	
4 qt		Broth, hot	
	1 oz	Salt	
		When thick and smooth add	
12		Eggs, well beaten	Stirring constantly

Bake 30 to 40 min 350°F Serving approx 6 oz

Note The fowl should be cooked and the sauce made the day before using Put a layer of sage dressing in baking pan 12 in x 20 in a layer of sauce a layer of chicken then another layer of sauce Cover with buttered crumbs

CHICKEN CROQUETTES

Amount		Ingredient	Method
1 lb	8 oz	Rice	Cook rice in broth
3 qt		Chicken stock	
		Add	
	1 T	Lemon juice	
	2 T	Onion juice	
	2 oz	Salt	
	1 t	Celery salt	
		Add	
	6 oz	Flour	Made into a thick sauce
1 qt		Chicken stock	
		Add	
5 lb (4½ to 5 lb fowls)		Chicken, cubed	Mix well
		Measure with a No 12 dipper Let cool Shape, egg and crumb using	
	8	Eggs	Mixed
	1 c	Milk	
	8 oz	Bread crumbs, dry Place croquettes in a wire basket	
		Fry in	
3 lb		Fat	

Fry in deep fat 3 to 4 min 375°F

CHICKEN CUTLETS

Amount		Ingredient	Method
6 lb (5 4½ to 5 lb fowls)		Chicken cooked cut fine	
		Add	
1 qt		Broth	Make as white sauce
	1 pt	Milk whole	Make as white sauce
	12 oz	Butter	Make as white sauce
	6 oz	Flour	Make as white sauce
	1½ oz	Salt	
		When thickened add	
	8	Eggs beaten	
		Measure with a No 12 dipper Shape Dip in egg and crumbs Let stand at least 30 min before frying	

Fry in deep fat 3 to 4 min 375 F

CHICKEN TURNOVERS

Amount		Ingredient	Method
4 lb (3 4½ to 5 lb fowls)		Chicken cooked cubed	
		Add	
1 qt		Chicken broth	Make as white sauce
	4 oz	Flour	Make as white sauce
	6 oz	Butter	Make as white sauce
	1 T	Salt	
		Place a No 20 dipper of mixture on	
50 (approx 5 lb)		Pastry rounds 6 in in diameter	
		Fold rounds over and seal Perforate top	

Bake approx 20 min 400°F

Note Serve with chicken gravy

JELLIED CHICKEN LOAF

Amount	Ingredient	Method
1½ qt	Water, cold	
	Add	
2½ oz	Gelatin	Let stand 10 min
	Dissolve in	
4½ qt	Broth, hot	Cool
	Add	
5 lb 8 oz (4 4½ to 5 lb fowls)	Chicken, diced	
1 lb	Celery, diced	
2 T	Onion juice	
2 oz	Pimiento, chopped	
4 oz	Green pepper, chopped	
1 t	Pepper, white	
1 t	Salt	
½ c	Lemon juice	
	Pour into 6 loaf pans and chill	

NOTE Peas and carrots may be substituted for the celery, pimiento, and green peppers. Veal may be substituted for chicken.

SALADS

A Salad

Oh green and glorious! Oh herbaceous treat!
'Twould tempt the dying anchorite to eat
Back to the world he'd turn his fleeting soul
And plunge his fingers in the salad bowl!
Serenely full the epicure would say
Fate cannot harm me I have dined today!

—SIDNEY SMITH

PREPARATION AND SERVICE OF SALADS

I Selection of Ingredients
  1 The ingredients must be
    a Clean
    b Fresh
    c Tender
    d Chilled
    e Crisp
  2 Ingredients must form combinations
    a Simple
    b Palatable
    c Not too strong in flavor
    d Harmonizing in flavor with the food it accompanies
    e Colorful but not too strong in color
    f Harmonizing in color with other salad ingredients and the food it accompanies
    g Contrasting in texture with the food it accompanies
II Preparation of Ingredients
  1 Fruit fresh
    a Apples
      Wash peel core remove bruises and spots
      (1) Dice
        Cut into rings and dice with sectional cutter (If the skins are tender and the color desired do not peel) Drop diced pieces into salad dressing lemon pineapple or other acid fruit juice to prevent discoloration If diced apple is placed in fruit juice drain before using in a salad
      (2) Section
        Cut into uniform pieces so the widest part of the section is not

more than ½ inch thick Remove core from each section If the peeling has not been removed score it in several places to facilitate cutting when it is served Use the same method as above to prevent discoloration only do not use opaque salad dressing

b Apricots

Cut into halves or sections and remove seed Remove skins if desired

c Avocado

Pare cut into halves or quarters and remove seed Slice dice or cut into balls Dip into French dressing or lemon juice Pare only a short time before serving

d Bananas

Remove skins Cut into strips sections wedges or slice Dip each piece into pineapple other acid fruit juice or salad dressing to prevent discoloration

e Cantaloupe and other melon

Peel dice cut into balls with a French vegetable cutter or cut into uniform wedges or strips

f Cherries or grapes

Wash drain halve and remove seeds

g Grapefruits

(1) Sections

(Select large grapefruits wash and dry Cut off a thick layer of skin from the top and bottom Place grapefruit on cutting board start at the top and cut toward the board (Always cut with a downward stroke and deeply enough to remove all the white membrane) Turn grapefruit with the left hand When paring is completed and pulp is exposed remove sections by cutting along the membrane of the next section and out to the exterior of the fruit Turn the knife and force the blade along the membrane of the next section and out to the exterior of the fruit Repeat for each section

h Oranges

(1) Sections

Peel and section as grapefruit

(2) Slice or dice

Place in boiling water and allow to stand 5 to 10 minutes Peel chill and slice dice (or section) All the white membrane is not removed by this method

i Peaches

Pare or submerge in boiling water for a few minutes and remove skins Chill Cut into halves wedges or slices Remove skins only a short time before using Drop into acid fruit juice to prevent discoloration

j Pears

Pare and remove core and seeds a *short time* before serving Cut into halves, wedges or slices

k Pineapple

Cut top from pineapple Pare and cut out eyes Cut into 4 sections Remove hard center and cut sections into 1/4 inch pieces or cut into cubes Sprinkle with sugar Let stand over night or at least a few hours before using

2 Fruit, canned

a Whole fruit

Select pieces uniform in size and shape and with a *firm* appearance Drain

b Cubed or *sections*

Drain Cut into pieces uniform in size and shape with well defined *edges Pieces should not be too small*

3 Fruit, dried

a *Prunes*

(Size 20 to 30) Wash soak cook in steam jacketed kettle or let simmer on top of stove until tender Remove seeds Chill before stuffing

b Raisins

Soak in warm water wash drain and dry Add to salad ingredients or dressing

4 *Gelatin salads*

a Plain gelatin

(1) Place cold liquid in pan and sprinkle granular *gelatin over* it Let stand 5 to 10 minutes

(2) Add only enough boiling liquid to dissolve the hydrated gelatin Add cold liquid to make up the total volume required or place the hydrated gelatin in the steamer until it is dissolved The required liquid may then be added cold

(3) Allow the gelatin solution to reach room temperature if hot liquid has been added then place in refrigerator

(4) *When liquid begins to congeal add fruit vegetable*, or other ingredients in desired shapes and quantities

b Flavored gelatin

(1) Dissolve prepared powder in a small amount of boiling water or fruit juice The remainder of the liquid may be added cold

(2) Place in refrigerator as soon as room temperature has been reached

(3) When liquid begins to congeal add desired ingredients

5 Meat fish eggs, cheese and nuts

a Eggs

Hard cook eggs by placing in cold water bringing to the boiling point and cooking 25 to 30 minutes below the boiling point As soon as cooked cool quickly under running cold water Remove shells Use whole halved sliced or sectioned Slice or mince whites Force yolks through ricer

b Cheese

Grate cut in tiny cubes put through a ricer or pastry tube

c Nuts

Blanch if necessary Heat in hot oven to freshen if desired Use whole shredded or chopped

Blanched almonds

(1) Shell almonds
(2) Cover with boiling water and let stand until skins will slip
(3) Drain Cover with cold water
(4) Rub off skins
(5) Place skinned almonds between clean dry towels to remove water

Toast blanched nuts or prepare as for salted nuts

d Chicken

Remove skin gristle and bone Cut into 1/3 inch cubes Mix with dressing and other ingredients just before serving

e Fish

Cook, remove skin and bones Flake

f Meat

Cut in 1/3 inch cubes Mix just before serving

6 Vegetables fresh

If cooked strive to preserve shape color flavor and crispness

a Asparagus

Cook and marinate tips

b Beans dry

Soak cook keep whole

c Beans string

Remove strings Leave whole or cut lengthwise Wash cook and marinate

d Beets

Wash cook peel remove any blemishes Cut into desired shape and marinate Raw beets may be pared 2 minutes in an electric peeler and then cooked Cut into desired shapes and marinate

e Cabbage

Remove outer leaves Wash heads cut into 4 to 6 pieces Remove the center stalk Shred the remaining portion as desired with

a long sharp knife or shredder Crisp in ice water 15 to 30 minutes if necessary

f Carrots

Pare 2 minutes in electric peeler Remove remaining skins eyes and blemishes by hand Cut into wedges rounds or strips Grind or shred or cook then cut into desired shapes and marinate

g Cauliflower

Remove all leaves and cut away any dark spots Separate into flowerets with 1 inch of stem left on each Soak in salt water (1 oz salt per gal or 1/3 c vinegar per gal) Cauliflower may be cooked and marinated or it may be marinated and served raw

h Celery

Separate outer stalks from heart of the bunch (Use outer stalks for soup) Wash trim and remove strings bruised and blemished parts

(1) Shred

Cut lengthwise Several stalks may be cut at one time Place them on a board and cut crosswise with a sharp knife

(2) Celery curls

(a) Cut celery into 2½ inch lengths

(b) Make lengthwise cuts 1/8 inch apart and about 1 inch in length on one or both ends of the celery strips

(c) Place in ice water for at least 2 hr before serving

(3) Celery rings

Cut celery into 2 inch lengths and then into pieces 1/8 inch thick Place in ice water for several hours (Each strip of celery will form a ring)

i Celery cabbage

Remove outer leaves Wash and shred as lettuce

j Chives

Remove roots and any dried or objectionable portions Wash Drain Cut leaves crosswise with a sharp knife or scissors

k Chicory

See endive

l Cucumbers

Wash pare to remove green skin Crisp in refrigerator

(1) Slice

Score cucumber lengthwise with a fork Slice in thin slices

(2) Wedges or strips

Cut cucumber into 4 pieces lengthwise Remove any large seeds and spongy pulp Cut into sections wedges or strips

m Endive
Wash remove any objectionable portion Drain, wrap in cloth and place in ice box
n Escarole
See endive
o Green peppers
Wash remove seeds and stems Cut into rings strips, dice or chop
p Head lettuce
Remove all dirty ragged and objectionable leaves from head and discard
(1) If to be used for a garnish cut out stem end or core Hold the inverted head of lettuce under running cold water until the leaves are loosened
(2) Turn heads right side up to drain Separate the leaves and stack 6 or 7 leaves in a nest
(3) Invert the nest and pack in a covered container Place in refrigerator 2 hr or more to complete crisping
q Leaf lettuce
Wash drain wrap in cloth and place in refrigerator
r Onions
Pour hot water over onions to cover them Under the water remove wilted leaves outer layer of the bulb firm root end and all bruised or decayed parts Cut as desired
s Peas
Remove from shells (Hot water may be poured over pods to facilitate shelling) Cook and marinate Drain before using
t Potatoes
(1) Pare 2 minutes in electric peeler Remove remaining skin eyes and bruised part Cut into ½ inch cubes and cook or wash cook with skins on peel and dice
(2) Marinate _ hours before using
u *Romaine*
See lettuce
v Spinach
(1) Remove tough stems Examine leaves and discard all dry yellow wilted or slimy leaves
(2) Wash in warm water first then cold water as many times as necessary to remove sand
(3) Crisp and use as lettuce
w Tomato
Wash and remove skins
Place tomato on a fork and rotate in a clear gas flame until skin begins to crack and then plunge into cold water Remove skins

Or

Place a few tomatoes in a wire basket and dip in boiling water until the skin begins to loosen Then dip in cold water and remove skins Chill

x Turnips

Remove tops, wash, pare by hand Shred or cut into fine strips

y Watercress

See endive

III Making the Salad

1 Drain and toss ingredients lightly together, if a mixed salad (Place on individual salad plates or place in salad bowl)

2 If ingredients are to be marinated, marinate each separately

3 Drain fruit or any ingredients that are surrounded by liquid

4 Set up salads as follows

a Arrange cold plates on large trays or in rows on table Select china if possible that will add to the attractiveness of salad

b Place salad green on plates Place a lettuce cup so the frilly edge is at the back and top of the salad (The leaf should not extend over the edge of the plate)

c With the salad green as a base, build from the back to the front

d Top salad lightly with some material that will give accent in color or flavor if desired

e Add salad dressing just before serving if it is to be used

IV Service of Salads

Salads may be used

1 As a first course in a dinner menu
(Fruit or sea food)

2 As a main course of a luncheon
(Meat fish poultry cheese)

3 As an accompaniment to the main course of a dinner or luncheon
(Salad greens with vegetables fruit or combination)

4 As a second course in a dinner menu
(Fruit or vegetable)

5 As a last course in a dinner menu
(Fruit)

V Accompaniments for Salads Used as a Separate Course

1 Breads

a Hot breads buttered

Biscuits (small various kinds)
Yeast rolls (various shapes and kinds)
Muffins (small various kinds)

b Crisp breads

Crackers plain toasted
Wafers plain and cheese

Toast strips points
Hard rolls
c Sandwiches (small)
Toasted
Rolled
Ribbon
Nut Bread
Orange Bread



Courtesy Kraft Phenix Cheese

Fig VI — A simple salad attractively garnished

Banana bread
Open
Bread sticks
2 Cheese
Cream cheese balls plain or rolled in nuts or parsley
Cottage cheese balls
American cheese toasted on crackers
American cheese balls cooked or raw
Cream cheese and Bar le Duc
Cheese sandwiches fried
Cheese straws

3 Miscellaneous crisp materials
- Celery curls hearts or stuffed celery
- Olives plain stuffed or ripe
- Pickles sweet sour dill burr gherkins fans rounds
- Melon strips
- Potatoes chips or latticed shoe string
- Radish roses
- Relishes
- Salted nuts

APPLE CELERY SALAD

Amount		Ingredient	Method
	1 pt	Mayonnaise	Mix
	1/2 c	Whipped cream	
		Add	
6 lb	(E P)	Apples tart	Dice Add each apple to dressing as soon as diced
		Add	
2 lb	(E P)	Celery chopped	
	1 oz	Salt	
	6 oz	Sugar (may omit)	

Serving approx 3 oz

Note 8 oz cut marshmallows added to the dressing will improve the flavor

SPICED APPLE SALAD

Amount		Ingredient	Method
50 (approx 12 lb)		Apples	Core and peel apples and leave whole
		Place apples in a flat pan Pour over them a thin sirup made from	
4 lb		Sugar	
2 qt		Water	
	1/2 c	Vinegar	
	1/2 t	Coloring red	
	1 oz	Cinnamon (tied in bag)	
		Cook on top of stove	
		Turn while cooking	

Note When cool fill centers of apples with a mixture of 8 oz celery 4 oz English walnuts 1/2 t salt and 6 oz mayonnaise

GINGERED APPLE

Amount	Ingredient	Method
6 lb	Sugar	Combine Heat to boiling point
3½ c	Water	
4 oz	Ginger root	
	Add	
6 lb	Apples	Peeled and quartered Cook until apples are transparent
		Yield approx 4 qt

Note Use an apple that will hold its shape when cooked
Pears may be substituted for apples

MIXED FRUIT SALAD

Amount	Ingredient	Method
2 lb 8 oz	Pineapple cubed	
1 lb 8 oz	Cherries Royal Anne seeded	
5 lb 8 oz	Peaches cubed	
2 lb	Pears cubed	
	Combine with as few motions as possible	
		Serving approx 3 oz

Note Drain all fruit well Other fruit combinations may be used

GRAPEFRUIT ORANGE SALAD

Amount	Ingredient	Method
16 (size 80)	Grapefruit	Pare Remove white membrane Cut into sections
17 (size 126)	Oranges	Pare Remove white membrane Cut into 6 uniform sections
	For each salad use 2 sections of orange and 3 sections of grapefruit arranged alternately on garnish	

CRANBERRY RELISH (Raw)

Amount	Ingredient	Method
4 (size 150)	Oranges	Grind
4 lb	Cranberries raw	
6 lb	Apples (remove cores)	
	Add	
3 lb	Sugar	
	Chill for 24 hr before using	
		Serving approx 3 oz

Note May be used as salad if drained before using

ROYAL CRANBERRY SAUCE

Amount	Ingredient	Method
2 lb	Cranberries	Cover and cook (below boiling point) until tender Cool
2 lb	*Sugar*	
1 pt	Water	
	Add	
2	Oranges large chopped	
1 lb	Apples tart chopped	
1 lb	White grapes seeded	
1 lb	Pineapple diced	
4 oz	Pecans chopped	
		Yield approx 4 qt

Note *The sauce will keep for several weeks if placed in a covered jar in a cool* place

CRANBERRY SAUCE

Amount	Ingredient	Method
2 lb	Sugar	Make a thin sirup
1 1/2 pt	Water	
	Add	
2 lb 8 oz	Cranberries	Cook below the boiling point until transparent
	Puree and add (while hot)	
8 oz	Sugar	Stir until dissolved Yield approx 2 1/2 to 3 qt

Note Make it least 24 hr before it is to be used

FROZEN FRUIT SALAD

Amount	Ingredient	Method
1 oz	Gelatin plain	Sprinkle gelatin over water Soak 10 min
½ c	Water cold	
	Add	
1¾ c	Orange juice hot	
1¾ c	Pineapple juice hot	
	When cold and slightly thickened Add	
1 c	Mayonnaise	Folded together
1 pt	Cream whipped	
	Fold in	
1 lb 12 oz	Pineapple canned diced drained	
1 lb 8 oz	Orange sections cut in halves	
1 lb 8 oz	Peaches sliced drained	
1	Bananas diced	
8 oz	Marshmallows diced	
1 oz	Pecans chopped	
8 oz	Cherries maraschino	
	Pour into molds and freeze	
	Yield 4½ qt	

Note Cherries and nuts may be omitted

CHERRY SALAD

Amount	Ingredient	Method
1 lb 8 oz	Gelatin lemon flavored	Dissolve gelatin in hot water Cool
1 qt	Water boiling	
	Add	
3½ qt	Water and cherry juice	Chill
2 drops	Coloring red	
	When gelatin mixture begins to thicken	
	Add	
2 No 2½ cans	Cherries Bing	Seeded and stuffed with nuts
12 oz	Nuts	
3 c	Olives stuffed sliced	
	Pour into 50 individual molds or a pan 12 in x 20 in	

MOLDED SPICED FRUIT SALAD

Amount		Ingredient	Method
2½–3 oz		Gelatin plain	Sprinkle gelatin over water Soak 10 min
1 pt		Water cold	
		Add	
	2⅔ c	Water boiling	Stir until dissolved
	8 oz	Sugar	
	½ t	Salt	
	½ c	Lemon juice	
		When cold add	
2 qt		Ginger ale	
		Pour over	
50		Peaches spiced whole	Arranged in 50 individual fancy molds
		Let congeal Unmold and serve in lettuce cup	

NOTE A bit of coloring may be added to the liquid Spiced pears may be used in place of peaches

CIDER FRUIT SALAD

Amount		Ingredient	Method
	3 c	Water cold	Sprinkle gelatin over the water Let stand 10 min
	1½–3 oz	Gelatin plain	
		Add	
1 qt		Water boiling	Stir until gelatin is dissolved
		Add	
	8 oz	Sugar	Stir until dissolved
	1 t	Salt	
		Add	
2½ qt		Cider (or ginger ale)	
		When liquid begins to congeal Add	
1 lb		Grapes (or white cherries)	
	12 oz	Celery cut fine	
1 lb (E P)		Apples cubed	
1 lb		Pineapple diced	
	4 oz	Lemon juice	Serving approx 2½ oz

CHEESE PINEAPPLE SALAD

Amount	Ingredient	Method
1 lb 8 oz	Gelatin pineapple flavored	
	Add	
2 qt	Water boiling	Stir until dissolved
	Add	
2 qt	Water cold (or pineapple juice)	
	When gelatin mixture begins to congeal	
	Add	
1 lb	Cheese American grated	
2 lb	Pineapple crushed drained	
3 oz	Peppers green chopped (or pimiento)	
4 oz	Celery finely chopped	
1 t	Onion juice	
	Place in ice box to congeal	
		Serving approx 4 oz

CARROT PINEAPPLE SALAD

Amount	Ingredient	Method
2½–3 oz	*Gelatin plain*	Soak 10 min
1 pt	Water cold	
	Add	
2 qt	Pineapple juice hot	Stir until dissolved
	Add	
1 lb 4 oz	Sugar	Chill
1 oz	Salt	
1 c	Vinegar	
	When mixture begins to congeal	
	Add	
2 lb	Pineapple crushed drained	
1 lb (E P)	Carrots raw grated	
8 oz	Nuts chopped (if desired)	
	Pour into a flat pan 12 in x 20 in x 2½ in and place in refrigerator to congeal	

PINEAPPLE CUCUMBER SALAD

Amount		Ingredient	Method
	2½–3 oz	Gelatin plain	Sprinkle gelatin over water
	1 pt	Water cold	Soak 10 min
		Add	
3 qt		Pineapple juice hot	Stir until dissolved
		Add	
	10 oz	Sugar	Stir until dissolved
	1 t	Salt	
	1 c	Vinegar	
		When beginning to congeal Add	
1 lb	12 oz	Pineapple finely diced	
1 lb	8 oz	Cucumber finely diced	
	5 oz	Pimiento finely chopped	
		Pour into flat pan 12 in x 20 in	
		Serving 3½ oz	

FRUIT SALAD SUGGESTIONS

Apple

1 Apples celery walnuts Chantilly dressing (Waldorf Salad)

2 Apples celery diced orange section Club dressing

3 Apples celery Malaga grapes Chantilly dressing

4 Apples pineapple cucumber Mayonnaise dressing

5 Apples grapes bananas pineapple Sour cream dressing

6 Apples bananas pineapple Mayonnaise dressing

7 Apples celery dates Combination dressing

8 Apples pineapple Tokay grapes Chantilly dressing

9 Apples grapes bananas pineapple oranges lemon juice Golden salad dressing and whipped cream

10 Apples celery small amount pimiento Mayonnaise dressing

11 Apples cream cheese pimiento Combination dressing

12 Apples oranges dates marshmallows Golden or sour cream dressing

13 Apples celery grapefruit Mayonnaise dressing

14 Apples figs celery pistachio nuts (dissolve small red cinnamon candies and use to color apples) Mayonnaise dressing

15 Apples celery pears red and green peppers cut julienne and mixed with mayonnaise garnished with pimientos

16 Apples celery chicken and green pepper cut julienne or diced and mixed with mayonnaise

17 Apples celery red and green peppers Mayonnaise dressing

18 Apples shredded romaine celery and pineapple mixed with mayon naise

19 Apples oranges pineapple sliced strawberries Sour cream dressing

20 Apple orange and pear sections (arranged alternately) French dressing

21 Apple orange and pear mixed with mayonnaise

22 Apples diced or julienne cooked cranberries drained halved grapes and pecans mixed with mayonnaise

23 Fill half alligator pear with Waldorf salad and garnish with red and green peppers French dressing

24 Place apples and celery cut julienne (and marinated) on romaine Mayonnaise dressing

25 Mix and place apples and celery cut julienne on lettuce leaf, crisscross top with red and green pepper Garnish around base with stiff mayonnaise French dressing

26 Arrange sections of scored red skin apples and grapefruit alternately on leaf lettuce Thick French dressing

27 Garnish Waldorf salad with three thin sections of marinated bright red apples and whole cloves

28 Arrange marinated apple balls on lettuce alternately with pimiento cream cheese balls garnish with pimiento French dressing

29 Place chopped apple grapefruit and celery on lettuce or romaine cover with mayonnaise Decorate with parallel sections of orange and strips of green pepper and pimiento French dressing

30 Place mounds of finely chopped tart apples, celery and carrots on romaine Thousand Island dressing

31 Peel half a large apple scoop out center fill with diced banana and pineapple mixed with sour cream dressing Garnish top with tangerine sec tions in shape of a daisy and place a ripe olive in center

32 Pare core and scoop out tart apple Spice and cool Stuff with cream cheese pears and pecans French dressing

33 Serve celery and apple mixed with mayonnaise on slice of pineapple

34 Arrange marinated slices of tart apple and avocado alternated with sections of orange Sprinkle with pistachio nuts French dressing

Bananas

1 Bananas grapes pineapple marshmallow Whipped cream mayonnaise

2 Diced alligator pear pineapple bananas Sour cream dressing

3 Cubed bananas tangerines pineapple Whipped cream mayonnaise paprika garnish

4 Diced banana, pineapple pear Whipped cream dressing with Bar le Duc

5 Banana and orange sections arranged alternately and sprinkled with julienne cucumbers French dressing

6 Scoop out half a large banana and fill with finely chopped cucumbers *Sour cream dressing*

7 Cut banana in thirds crosswise and lengthwise, roll in thin boiled dressing and then in chopped nuts or cornflakes Arrange with slices of tangerine

8 On a bed of shredded lettuce place a layer of marinated sliced bananas top with an apricot half Boiled dressing

Grapefruit

1 *Grapefruit sections arranged alternately with orange sections French* dressing

2 Grapefruit sections arranged alternately with apple sections French dressing

3 Grapefruit sections arranged alternately with tomato sections French dressing

4 Grapefruit sections arranged alternately with tomato sections and ½ *slice pineapple Spiced French dressing*

5 Grapefruit sections arranged on watercress like spokes of a wheel in center place 4 shrimps Garnish with mayonnaise and paprika

6 Grapefruit sections arranged like spokes of a wheel with stuffed prune in center

7 Grapefruit sections broken and thinly sliced kumquats Golden dressing

8 Grapefruit sections alternated with julienne celery mixed with mayonnaise and sprinkled with chopped nuts and ripe olives French dressing

9 Grapefruit orange and pear sections with strips of red and green pepper placed alternately between slices of fruit Tarragon dressing

10 Grapefruit sections sliced bananas and pimiento Mayonnaise

11 Three grapefruit 3 pear and 3 orange sections arranged on lettuce in 3 pyramids radiating from center cream cheese in center topped with cherry French dressing

12 Grapefruit and seeded grapes Chantilly dressing garnished with nut meats

13 Three sections of grapefruit and orange placed on a lettuce leaf, garnished with green pepper Roquefort dressing

Orange

1 Orange Bermuda onion rings cream cheese balls French dressing

2 Diced orange and cooked chestnuts mixed with whipped cream mayonnaise sprinkled with minced green pepper

3 Orange grapefruit celery nuts peach slices Mayonnaise

4 *Orange and alligator pear sections* and sliced black grapes French dressing

5 Diced orange sections peaches pears pineapple whipped cream and pistachio nuts Mayonnaise dressing Garnish with orange gelatin

6 Place orange and pineapple cubes mixed with mayonnaise and chopped nuts on a lettuce leaf Place on the top of this alternate sections of orange grapefruit and alligator pear Top with red and green pepper strips

7 Place a canned drained stuffed fig on a bed of lettuce and orange slices Mayonnaise dressing

8 Arrange alternately three orange sections and 2 half slices of pineapple and sprinkle with green pepper French dressing

9 Arrange orange sections on bed of lettuce like spokes of wheel Place ripe olive or cream cheese ball in center French dressing

10 Arrange orange sections to form a leaf (use thin green pepper strips to form veins of leaves) Thick French dressing

11 Arrange orange or tangerine sections grapes stuffed with pimiento and cheese balls on lettuce leaves French dressing

12 Stuff large cooked prunes with orange sections Mayonnaise dressing

Peach

1 Stuff half a peach with cream cheese balls or cottage cheese shredded American cheese pineapple or almonds

2 Spice peach halves and use as plain halves

3 Soak peach halves in beet colored vinegar to color red

Pear

1 Stuff half a pear with cream cheese cottage cheese or grated American cheese

2 Spice pear halves and use as plain halves

3 Place a pear half on an orange slice top with lime gelatin and maraschino cherry

4 Stuff pear half with diced apple and celery mixed with sour cream dressing

5 Place julienne pear between sections of ripe tomato French dressing

6 Mix diced pear pineapple and apricots with whipped cream mayonnaise

Pineapple

1 Mix diced pineapple marshmallows white grapes nuts Golden dressing

2 Mix diced pineapple celery almonds and mayonnaise Cheese dressing

3 Mix diced pineapple celery white grapes Whipped cream dressing

4 Arrange 8 strips of dates radiating from center on a slice of pineapple Nut mayonnaise

5 Roll the edge of a slice of pineapple in paprika Make a cream cheese rosette in center Use a pastry tube to make spokes of cream cheese mixed with minced green or red pepper

6 Place in the center of a slice of pineapple a small heart of lettuce Mayonnaise dressing

7 Place a small quartered ripe tomato on top of a slice of pineapple Cheese dressing

8 Cut a slice of pineapple in half and place together in an upright position on lettuce leaf Place 3 long pieces of Cheddar cheese through notch at the *bottom of pineapple*

9 Alternate 2 sections of orange and 2 of pear on top of a slice of pineapple Garnish with cheese rosettes

10 Place 4 slices of banana around the edge of a slice of pineapple Garnish each slice with halves of black cherries Fill center with almonds Sour cream dressing

11 Place on slice of pineapple 3 or 4 sections of grapefruit and on top of that 3 sections of orange Fill center with julienne celery nuts and mayonnaise

12 *Place diced fresh pineapple and bananas and tangerine sections on a* slice of pineapple Whipped cream dressing

13 Place a thin slice of whole orange scored on a slice of pineapple, and in the center place chopped pears Place cream cheese rosettes around orange and on top of pears Garnish with Bar le Duc French dressing

TOMATO ASPIC

Amount	Ingredient	Method
1½ pt	Water cold	Sprinkle gelatin over water Let stand 10 min
6 oz	Gelatin plain	
	Add	
6 qt	Tomato juice	Boiled 5 min and strained
3	Onions small	
3	Bay leaves	
6	Celery stalks	
12	Cloves	
1 T	Mustard dry	
1 lb 8 oz	Sugar	
1 oz	Salt	
	Stir until gelatin is dissolved	
	Add	
2¾ c	*Vinegar or lemon juice*	
	Pour into ring molds or mold in pan	
	Place in a cold place to congeal	

Note If ring molds are used the recipe will yield approx 75 servings Centers may be filled with cole slaw

PERFECTION SALAD

Amount	Ingredient	Method
3-3¼ oz	Gelatin plain	Sprinkle gelatin over water Soak 10 min
1 pt	Water cold	
	Add	
3 qt	Water boiling	Stir until gelatin is dissolved
	Add	
1 pt	Vinegar mild	Stir until sugar is dissolved
1 c	Lemon juice	
1 oz	Salt	
1 lb	Sugar	
	Chill When liquid starts to congeal Add	
1 lb 8 oz (E P)	Cabbage chopped	
10 oz (E P)	Celery chopped	
4 oz	Pimientos chopped	
4 oz	Pepper green chopped	
1 T	Paprika	
	Pour into a flat pan 12 in x 20 in	
	Serving 4 oz	

Note 1 lb 10 oz lemon gelatin may be substituted for the 3 oz gelatin and liquid

BEET RELISH SALAD

Amount	Ingredient	Method
1 lb 7 oz	Gelatin lemon flavored	
	Add	
2 qt	Water boiling	Stir until dissolved
	Add	
1 qt	Beet juice	Chill
1 c	Vinegar mild	
1½ oz	Salt	
3 T	Onion juice	
	When mixture begins to congeal Add	
6 T	Horseradish	
2 lb 8 oz	Celery finely diced	
2 lb 8 oz	Beets diced	
	Pour into two pans 10 in x 14 in and place in refrigerator to congeal	

CABBAGE PINEAPPLE MARSHMALLOW

Amount	Ingredient	Method
7 lb (E P)	Cabbage shredded	
	Add	
2 lb	Pineapple diced	Mix carefully
1 lb	Marshmallows diced	
1 pt	Whipped cream	
1 pt	Mayonnaise	
1 T	Salt	
		Serving approx 3 oz

CABBAGE SPICE

Amount	Ingredient	Method
9 oz	Peppers, green	Grind
1 lb 12 oz	Carrots	
6 lb (E P)	Cabbage	
	Add	
1 qt	Cream sour	Mixed
1½ oz	Salt	
9 oz	Sugar	
1 c	Vinegar	
		Serving approx 3 oz

CARROT CELERY SALAD

Amount	Ingredient	Method
2 lb (E P)	Celery cut into ¼ in pieces	
5 lb (E P)	Carrots coarsely ground or grated	
1 oz	Salt	
1 c	Salad dressing	Mix
1 pt	Mayonnaise	
½ c	Vinegar	
2 oz	Sugar	
	Combine ingredients	
		Serving approx 3 oz

COMBINATION VEGETABLE SALAD

Amount	Ingredient	Method
3 lb (E P)	Cabbage shredded	Mix
3 lb 8 oz (E P)	Celery chopped	
12 oz	Green peppers shredded	
3 lb	Tomatoes cubed	
1 oz	Salt	
		Serving approx 3 oz

Note Serve with mayonnaise

PICKLED BEETS

Amount	Ingredient	Method
2 qt	Vinegar mild	Mix Heat to the boiling point Boil 5 min
1 lb	Sugar brown	
8 oz	Sugar granulated	
1 t	Salt	
½ t	Pepper	
1 t	Cinnamon	
1 t	Cloves	
1 t	Allspice	
	Pour over	
6 lb	Beets cooked sliced	

Note Let stand 24 hr before using

CARROT RAISIN SALAD

Amount	Ingredient	Method
6 lb 8 oz (E P)	Carrots coarsely ground	Mix
8 oz	Raisins	
1 T	Salt	
1 qt	Mayonnaise	
		Serving approx 3 oz

Note Marinate 1 hr before serving For variety 1 lb toasted cocoanut may be substituted for raisins

CABBAGE SALAD

Amount	Ingredient	Method
5 lb (E P)	Cabbage shredded	Mix
1 qt	Cooked salad dressing	
1 oz	Salt	
	Serve with a No 16 dipper (1½-oz serving)	

POTATO SALAD

Amount	Ingredient	Method
10 lb (E P)	Potatoes	Cook and dice
	Marinate with	
1½ c	Salad dressing French	
1 oz	Salt or more	
½ c	Vinegar mild	
	Add	
8	Eggs hard-cooked diced	
4 oz	Peppers green chopped	
6 oz	Pimiento chopped	
1 lb (E P)	Celery cut in rings	
1 c	Mayonnaise	
	Mix carefully	

Serving approx 4 oz

Note The number of eggs may be increased if desired

BEAN SALAD

Amount	Ingredient	Method
3 lb 8 oz (A P)	Beans brown cooked	
	Add	
18	Eggs hard-cooked diced	
1 lb	Pickles minced	
4 oz	Onion minced	
½ c	Vinegar	
2½ oz	Salt	
1 lb 4 oz	Celery diced	
4 oz	Pepper green chopped	
1 qt	Salad dressing	
	Marinate before serving	

Serving approx 5 oz

Note May use for variety ½ Lima beans and ½ Kidney beans

STUFFED TOMATO SALAD

Amount	Ingredient	Method
50 (approx 12½ lb)	Tomatoes	Peel tomatoes Remove core and ½ to ¾ oz of pulp from each
	Add tomato pulp to	
1 lb (A P)	Cabbage chopped fine	Mixed
1 lb (A P)	Celery chopped fine	
8 oz	Pickle sweet chopped	
8 oz	Mayonnaise	
1 T	Salt	
	Sprinkle in the cavity of the tomatoes	
1 oz	Salt	
	Stuff each tomato with approx 2 T of the vegetable mixture	

Note Fish or chicken salad may be substituted for the vegetable mixture

COTTAGE CHEESE SALAD

Amount	Ingredient	Method
6 lb	Cheese cottage dry	
3 lb	Tomatoes raw peeled diced	
4 oz	Peppers green chopped	
1 lb	Celery diced	
[illegible] oz	Salt	
1½ pt	Mayonnaise (less if cream in cheese)	
	May add	
8 oz	Radishes diced	
1 lb	Cucumber diced	
	Mix carefully	
		Serve with No 12 dipper

VEGETABLE SALAD SUGGESTIONS

Asparagus

1 Place three asparagus tips through a ring of green pepper Place on lettuce leaf Place at one side of asparagus a mound of diced carrots celery Mayonnaise dressing

2 Mix cut asparagus, diced celery chopped sweet pickle, chili sauce Mayonnaise dressing

Green Beans

1 Mix marinated cooked green beans diced celery sweet pickle pimientos salt pepper Mayonnaise dressing

2 Mix cooked green beans and diced marinated carrots celery, parsley and green pepper Combination dressing

3 Mix cooked green beans, small chopped green onions and thinly sliced radishes Thick French dressing

4 Mix cooked green beans shredded cabbage, cubed celery, bit of onion red or green pepper Marinate Boiled dressing

5 *Mix cooked green beans, peas Lima beans cauliflower and carrot* strips Marinate Chiffonade dressing

Beets

1 Mix diced marinated cooked beets chopped celery pimiento, green *pepper bit of onion, salt and paprika Combination dressing*

2 Mix chopped marinated cooked beets chopped celery cabbage, sweet pickle salt, paprika Egg dressing

3 Mix diced marinated cooked beets, cucumbers pickle relish salt, pepper and a bit of onion Russian dressing

4 Stuff large cooked beets with chopped celery pickle, onion and mayonnaise Roquefort dressing

5 Arrange sliced pickled beets and eggs on lettuce Garnish with pickle relish Mayonnaise dressing

6 Place sliced marinated beets overlapping each other in a circle on lettuce leaf place julienne celery and red peppers in a mound in center Garnish with watercress French dressing

7 Place on endive equal quantities of celery and fine julienne beets French dressing

8 Mix diced cooked beets Bermuda onion rings quartered hard-cooked eggs, anchovies Thousand Island dressing

9 Mix shredded cabbage diced beets chopped pickles horseradish and salt Combination dressing

Broccoli

1 Arrange marinated broccoli and tomato sections on *lettuce* Thick French dressing

Cabbage

1 Mix shredded cabbage peanuts paprika and pimiento Sour cream dressing

2 Mix shredded cabbage hard cooked eggs nuts Combination dressing

3 Mix shredded cabbage pimiento and hot boiled dressing Chill

4 Mix shredded cabbage chopped almonds and whipped cream dressing

5 Mix shredded cabbage, green peppers nuts pimiento chili sauce vinegar and mayonnaise

6 Mix shredded cabbage carrots green peppers salt and mayonnaise

7 Mix shredded cabbage grated carrots diced bananas salt and mayonnaise

8 Mix shredded cabbage celery green peppers peanuts Chantilly dressing

9 Mix shredded cabbage green pepper and raw shredded beets Mayonnaise dressing

10 Mix shredded cabbage with salt vinegar and sugar

11 Mix shredded cabbage diced apple and combination dressing

Carrot

1 Mix diced cooked carrots chopped celery cucumber, salt and a bit of onion Combination dressing

2 Cut raw carrots celery cucumber and green peppers into fine strips 1½ inches in length Mix Serve with mayonnaise at the side

Cauliflower

1 Sprinkle raw caulifloweretts with grated cheese Tarragon dressing

2 Marinate and arrange raw caulifloweretts and carrot rings on lettuce Thick French dressing

3 Marinate and arrange raw caulifloweretts and tomato sections on lettuce French dressing

4 Mix cooked caulifloweretts sliced Spanish stuffed olives cooked carrot cubes and peas Thick French dressing

Corn

1 Mix drained whole grain corn chopped pimiento celery sweet pickle salt Sour cream dressing

Cucumber

1 Place a mound of 1 inch julienne cucumbers in the center of lettuce leaf Arrange thinly sliced radishes around the outside of cucumbers Place julienne strips of pepper on the top Sprinkle with salt and pepper Onion dressing

2 Cut cucumbers in very thin slices and place on watercress in a half circle Sprinkle with paprika French dressing

3 Cut cucumbers into wedges, arrange with tomato sections French dressing

4 Place a thin slice of cucumber on a slice of tomato Arrange three of these on a lettuce leaf Tarragon dressing

5 Arrange wedges of cucumber with section of grapefruit and pineapple Garnish with watercress French dressing

6 Scoop out centers of medium peeled cucumbers Chill Stuff with whole grain corn and pimiento mixed with Thousand Island dressing

7 Marinate thin slices of cucumber and Bermuda onion Vinaigrette dressing

8 Mix marinated julienne celery cucumbers and mushrooms French dressing

9 Mix diced cucumber and celery with Thousand Island dressing and endive Garnish with chopped hard cooked eggs

Endive

1 Mix tiny cottage cheese and bacon balls with endive

Lettuce

1 Place on romaine shredded green peppers and lettuce French dressing

Pea

1 Mix cooked peas diced cheese celery pickle and pimiento Combination dressing

Salad Greens

Cabbage celery celery cabbage chives chicory endive escarole leaf lettuce head lettuce parsley romaine spinach watercress

Spinach

1 Chop crisp raw spinach leaves Chiffonade dressing

Tomato

1 Fill hollowed out tomato with balls of cantaloupe, watermelon and honeydew Fruit French dressing

2 Fill hollowed out tomato with fresh pineapple balls or cubes Garnish with 3 small cream cheese balls and watercress Thick French dressing

3 Stuff hollowed out tomato with green pepper celery salt and mayonnaise Sour cream dressing

4 Remove top from tomato and insert a marinated cauliflioweret Thousand Island dressing

5 Poinsettia Salad Arrange tomato sections around a pimiento cheese ball Garnish with green pepper arranged to represent stem and leaves French dressing

6 Make 4 incisions in a peeled tomato and insert egg or cheese slices Mayonnaise dressing

7 Make a tomato sandwich by placing cream cheese green pepper and onion between 2 slices of tomato Garnish with chopped green pepper Mayonnaise

8 Fill hollowed out tomato with Roquefort cheese celery and green pepper Arrange 2 slices of cucumber upright in the tomato French dressing

9 Fill hollowed out tomato with cottage cheese Garnish with celery curl and paprika or green pepper ring Sour cream dressing

10 Mix cubed tomato cucumber diced pickle, pimiento green pepper and onion French dressing

11 Arrange alternately avocado and tomato slices French dressing

12 Place a small ripe quartered tomato on lettuce and circle with chopped celery and mayonnaise

13 *Sprinkle watercress over tomato sections French dressing*

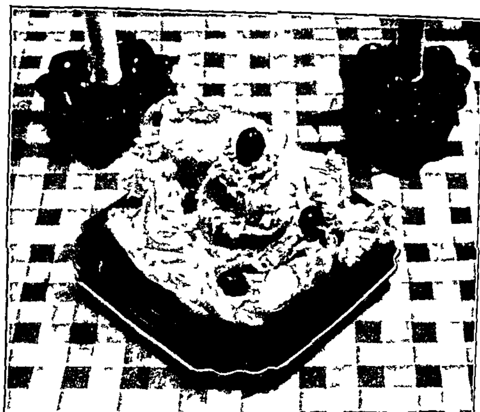
14 Fill molds with alternate layers of chopped green pepper shredded cabbage and diced tomatoes mixed with mayonnaise Unmold French dressing

15 Place a thick small slice of tomato on a lettuce leaf Place around the tomato celery and apple cut julienne and mixed with mayonnaise Garnish with nuts French dressing

16 Hollow out center of a peeled tomato, fill with Parisienne balls of avocado Fruit French dressing

SPAGHETTI LUNCHEON SALAD

Amount		Ingredient	Method
2 lb	2 oz	Spaghetti	Cook in boiling salted water and wash in hot water Drain Chill
		Add	
2 lb		Cheese American diced or grated	
1 lb	8 oz	Pickle chopped	
18		Eggs hard-cooked chopped	
2 lb (E P)		Celery chopped fine	
1 qt		Mayonnaise	
	1 oz	Salt	
		Mix carefully	
			Serving approx 5 oz



Courtesy Kraft Phenix Cheese

FIG VII —A salad of tomato stuffed with crab meat or shrimp and garnished with ripe olives may be served as a main course for luncheon

TOMATO SHRIMP SALAD

Amount	Ingredient	Method
17 lb (50 medium)	Tomatoes	Scoop out center of tomato
	Fill tomato shells with	
2 lb	Shrimp cut ½ in pieces	Mixed
1 lb 4 oz	Celery diced	
1 pt	Cucumber diced	
2 T	Lemon juice	
2 t	Salt	
1 t	Paprika	
2 t	Prepared mustard	

NOTE May be garnished with mayonnaise and whole shrimp and served on lettuce or watercress

CHINESE SALAD

Amount	Ingredient	Method
1 lb 4 oz	Rice	Cook and wash in hot water Cool
6 1 lb cans	Salmon red flaked	
4 oz	Peppers green chopped	
1 lb (E P)	Celery chopped	
1 lb	Pickles chopped	
1½ pt	Mayonnaise	
1½ oz	Salt	
2 T	Paprika Mix carefully	
		Serving approx 4 oz

SALMON SALAD

Amount	Ingredient	Method
7 No 1 cans	Salmon	Combine
4 lb 8 oz	Celery diced finely	Combine
1 lb	Peas	Combine
1½ oz	Salt	Combine
1 qt	Mayonnaise	Combine
8 oz	Pickles chopped	Combine
12	Eggs hard-cooked chopped	
		Serving approx 4 oz

CRAB MEAT SALAD

Amount	Ingredient	Method
8 (6½-oz cans)	Crab meat flaked	
30	Eggs hard cooked	
1 lb	Almonds blanched shredded	
2 lb	Celery chopped	
1 pt	Olives ripe sliced	
	Add	
1 qt	Mayonnaise Chill	

Serve with No 10 dipper

Note If desired omit mayonnaise and marinate with French dressing Lobster may be substituted for crab

TUNA FISH SALAD

Amount		Ingredient	Method
8 (13 oz cans)		Tuna fish, flaked	Mix
1 lb	8 oz	Celery chopped fine	
1 lb	8 oz	Cucumbers diced	
2 qt		Peas	
1 qt		Mayonnaise	
		Sprinkle with	
	3 oz	Parsley, chopped fine	
			Serving approx 4 oz

CHICKEN SALAD

Amount		Ingredient	Method
5 lb (4 4½ to 5 lb fowls)		Chicken	Cook and let stand in broth over night Remove skin and cut chicken meat into ½ in cubes
12		Eggs hard cooked diced	
4 lb	(E P)	Celery diced	
	2 oz	Salt	
	1 t	Pepper white	
	2½ c	Mayonnaise	
	4 oz	Pickles chopped (may be omitted)	
		Season combine and add mayonnaise Serve in lettuce cup	
			Yield approx 8 qt

Note The marinating of cubed chicken with 2⅔ c French dressing for 2 hr will improve the flavor 8 oz toasted almonds may be added just before serving Pineapple or white cherries may also be added for variety

MEAT SALAD

Amount		Ingredient	Method
	3 oz	Salt	Combine and mix carefully
4 lb	12 oz	Celery diced	
	6 oz	Pimiento chopped	
10 lb		Meat cooked diced	
1¼ qt		Mayonnaise	
			Serving approx 5 oz

Note Ham veal chicken or pork may be used



Courtesy Kraft Phenix Cheese

Fig VIII —The salad plate may play an important role in luncheon menus

SALAD DRESSINGS

Variety's the very spice of life
That gives it all its flavor

—COWPER

COOKED SALAD DRESSING

Amount		Ingredient	Method
3 lb		Sugar	Sift together
1 lb	8 oz	Flour	
	6 oz	Salt	
	4 oz	Mustard dry	
		Add	
1 qt		Water	Stir until a smooth paste is formed
		Add	
4 qt		Milk hot	Stir continuously while adding Cook 20 min in steamer
2 qt		Water hot	
		Add	
1 lb		Butter	Mixed
3 qt		Vinegar hot	
		Add very slowly to	
50 (2 lb 12 oz)		Egg yolks beaten	Stir briskly while adding
		Cook 7 min in steamer	
		Remove from fire and cool	
		Yield 3 gal	

VARIATIONS OF COOKED SALAD DRESSING

Variation	Ingredients
	To 4 cups of cooked salad dressing
Creamy Egg	Add 1 pt whipped cream 6 eggs hard cooked and diced ½ c fine green pepper strips ½ c fine pimiento strips
Combination	Use half mayonnaise and half cooked dressing or use half mayonnaise and half French dressing
Curry	Add ½ t curry powder ½ c sandwich spread
Egg	Add 4 eggs hard cooked chopped ½ c pimiento chopped ¼ c pickles chopped
Harlequin	Add 1 pt whipped cream 4 oz sugar 1 qt red cherries 1 qt green seedless grapes 8 oz quartered marshmallows
Mustard	Add ½ c prepared mustard
Peanut	Add 1 c crushed peanuts
Whipped Cream	Add 1 pt whipped cream

SOUR CREAM DRESSING

Amount		Ingredient	Method
1 qt		Cream sour	Mix
16		Eggs beaten	
		Add to	
2 lb		Sugar	*Mixed*
	1½ oz	*Flour*	
	1 c	Water	
		Add	
	1 pt	Vinegar	Stir and cook until thick

NOTE Use heavy *cream if possible This will keep several days Add whipped* cream before serving

FRENCH DRESSING

Amount		Ingredient	Method
	2 oz	Salt	Mix
	2 T	Mustard dry	
	2 T	Paprika	
	1 T	Pepper	
		Add	
2 qt		Oil	
1 qt		Vinegar	
	4 t	Onion juice	
		Put into a jar and shake vigorously just before serving or beat well with a Dover beater	
		Yield 3 qt	

NOTE An egg white beaten into each quart of dressing just before using will keep it from separating

VARIATIONS OF FRENCH SALAD DRESSING

Variation	Ingredients
	To 3 cups of French dressing
Anchovy	Add ½ c chopped anchovies
Catsup	Add 1 c tomato catsup
Chiffonade	Add 6 T parsley chopped 6 T red pepper chopped 1 T onion minced 1 oz green pepper chopped 4 eggs hard-cooked chopped (May add shredded beets in place of red pepper)
Chutney	Add 1 c Chutney
Cream	Add 1 c heavy cream beaten or unbeaten
Cucumber	Add 1½ oz cucumber chopped fine
Curry	Add ½ t curry powder 8 eggs hard cooked puréed
Fruit	3 c salad oil ½ c lemon juice ½ c orange juice 2 T sugar powdered 1 T salt ½ t pepper
Mexican	Add 2½ oz green pepper chopped ¾ c chili sauce 2 T onion chopped
Onion	Add ¾ c sweet pickled onions chopped or 3 oz onion rings

VARIATIONS OF FRENCH SALAD DRESSING (continued)

Variation	Ingredients
Parisian	Add 3 T green pepper chopped 3 T red pepper chopped ½ c celery chopped 3 T onion minced 3 T pimiento chopped 1 T salt ½ c parsley, minced
Piquante	Add 1½ t mustard dry ½ t Worcestershire sauce 1½ t onion juice 3 drops Tabasco sauce
Roquefort	Add 4 oz Roquefort cheese riced Whip dressing slowly into cheese (May also mix 1 c heavy cream with cheese before French dressing is added)
Spiced	Use spiced vinegar to make regular French dressing
Spinosa	Add 6 T capers 6 T stuffed olives chopped 3 T parsley chopped
Tarragon	Use tarragon vinegar to make regular French dressing
Tomato	Add 4 oz sugar 1 t onion juice 1½ c tomato soup
Vinaigrette	Add 5 oz pickles sour chopped

THICK FRENCH DRESSING

Amount		Ingredient	Method
	1¼ t	Onion juice	Mix
	1½ oz	Salt	
	4 t	Mustard, dry	
	2 T	Paprika	
2 lb		Sugar	
		Add	
	1⅓ c	Vinegar	Mix well
		Add gradually	
1 qt		Salad oil	Stirring constantly. Yield approx 5 c

Note: If a French dressing of usual consistency is desired use only 4 oz of sugar

FRENCH DRESSING, SEMI PERMANENT

Amount		Ingredient	Method
	4 t	Mustard, dry	Mix
	4 t	Paprika	
	2 oz	Sugar	
	f g	Pepper, red	
	1½ oz	Salt	
		Add slowly	
1 qt		Salad oil	Beating continuously
		Add slowly	
	1 c	Vinegar	Beat vigorously for 5 min
		Add	
	4 t	Gelatin	The gelatin should be previously soaked in the cold water and dissolved in the hot water and chilled
	4 T	Water, cold	
	½ c	Water, boiling	Yield approx 5 c

GOLDEN SALAD DRESSING

Amount		Ingredient	Method
	5⅓ oz	Cornstarch	Make a paste
	½ c	Water	
		Add	
16		Eggs well beaten	
		Add while stirring	
1 qt		Pineapple juice	Mixed and heated to the boiling point
	1½ pt	Orange juice	
	1 pt	Lemon juice	
2 lb		Sugar	
		Cook until thick	
		Cool and add	
1 qt		Whipped cream	Yield 3 qt

NOTE Serve with fruit salads

MAYONNAISE

Amount		Ingredient	Method
	8	Egg yolks (or 4 whole)	Mix well
	2 oz	Salt	
	1 t	Paprika	
	⅛ t	Cayenne	
	2 T	Mustard dry	
		Add	
	¼ c	Vinegar	
		Add slowly	
2 qt		Salad oil	
		Add oil very slowly beating steadily until an emulsion is formed (Oil may then be added in amount of ½ c and later 1 c at a time beating well after each addition)	
		Add	Beat well
	¼ c	Vinegar	
		Add	Continue beating until oil is emulsified
2 qt		Salad oil	Yield 1 gal

VARIATIONS OF MAYONNAISE

Variation	Ingredients
	To 2 cups of mayonnaise
Campus Dressing	Add 1½ c tomato purée ½ c pepper relish [illegible] T pimiento
Celery Dressing	Add 2 T parsley chopped 2 oz green peppers chopped 3 oz celery diced
Club Dressing	Add 2 T currants chopped 4 T raisins chopped 3 T nuts chopped
Chantilly Dressing	Add 1½ c whipped cream
Egg Dressing	Add 2 eggs hard-cooked chopped
Egg and Green Pepper Dressing	3½ c mayonnaise 6 eggs hard-cooked chopped 2 oz green peppers chopped fine 1 T onion scraped f g cayenne Mix carefully
Horseradish Dressing	Add 2 T dry horseradish mixed with 4 T cold water
Indian Dressing	Add 4 oz chopped chow chow pickle
Piquante	Add 2 oz olives chopped 2 oz pickles chopped
Roquefort	Add 1 c French dressing 2 oz Roquefort cheese 1 t Worcestershire sauce

VARIATIONS OF MAYONNAISE (continued)

Variation	Ingredients
Russian Dressing	1½ qt mayonnaise (stiff) 1¼ c Chili sauce (thick) ¼ c Worcestershire sauce Few drops onion juice f g cayenne
Savory Dressing	Add 3 oz celery diced 2 oz green peppers chopped 2 t onion chopped
Tartar Sauce	Add ½ c pickles chopped 1 oz green pepper, chopped 2 T parsley chopped ½ c olives chopped 4 T vinegar or lemon juice 2 t onion minced Few drops Worcestershire sauce Few drops Tabasco sauce
Thousand Island Dressing	7 c mayonnaise ¼ c onion minced ½ c pimiento chopped 1¾ c Chili sauce (thick) 10 eggs hard cooked chopped ½ c pickles or olives chopped f g cayenne

MAYONNAISE WITH COOKED BASE

Amount	Ingredient	Method
10 oz	Cornstarch	Make a smooth paste
2 c	Water, cold	
	Add	
[illegible] qt	Water, boiling	Stirring constantly. Cook until clear
	Place in bowl of electric mixer. Beat until cool	
	Add 1/4 at a time while beating	
20 (or 1[illegible] whole eggs)	Egg yolks	Mix well
	Add	
2 1/2 oz	Salt	Mix well
	Add	
[illegible] c	*Vinegar*	
	Add slowly, beating constantly	
1 gal	Salad oil	
	Add	
2 c	*Vinegar*	
	Add slowly, beating constantly	
1 gal	Salad oil	
		Yield: 3 gal

NOTE: If desired, add 3 oz dry mustard and 2 oz paprika.

SANDWICHES

Sandwiches may be hearty and substantial, approximating a meal, or light and dainty as an accompaniment to tea They are made of one or more slices of bread, spread with one or more kinds of filling The closed sandwich is made by spreading one slice of bread with a filling and covering it with a second slice The open faced sandwich is made by spreading a slice of bread with filling and decorating it

Ingredients

1 *Bread* Any kind may be used with a suitable filling Cracked wheat graham whole wheat, white, or rye are most often used for the substantial type of sandwich Nut orange raisin date banana or rolled oat bread is most often used for plain tea sandwiches

For most sandwiches the bread should be a Pullman or sandwich loaf 24 hours old and unsliced If crusts are to be removed it should be done before the bread is sliced The bread should be sliced ⅛ to ¼ inch thick depending upon the type of sandwich to be made

2 *Butter* Butter should be creamed so that it is soft and pliable It is best creamed by placing it in the bowl of the electric mixer and allowing it to stand at room temperature until soft enough to mix with the mixer (A half cup of milk per pound of butter may be added to increase the volume) Mix first on low speed and then whip on second and high speed until fluffy Butter need not always be used on sandwiches when a rich filling is used However butter helps to prevent fillings from soaking into the bread and improves the flavor Minced cucumber spices onion or other ingredients may be added to change the flavor of the butter

3 *Fillings* Sandwich filling may be made of chopped meats vegetables nuts fish or fruits One of these ingredients or a combination of them is usually mixed with mayonnaise cooked dressing or cream

Soft mixed fillings should be measured with a spoon or small dipper to insure a uniform amount in each sandwich

If slices of meat or cheese are used for filling the slices should be even in thickness and the same size as the bread upon which they are to be placed

4 *Garnishes* The garnishes to be used depend upon the type of sandwich Lettuce parsley watercress and other salad greens olives pickles pimiento green peppers and radishes are most often used Nuts paprika cheese and mayonnaise are also often used as garnishes for various types of sandwiches

Making Simple Sandwiches

1 Have filling garnish and butter prepared
2 Allow plenty of work space
3 Arrange the slices of bread in rows
4 Spread butter or filling with a pie server or short spatula, having enough butter on spatula to cover 2 or 3 slices
5 Spread all bread with butter before spreading with filling Do not pick up bread to spread
6 Spread from back row of bread to front row
7 Use dipper or spoon and place a uniform amount of filling on alternating slices of bread
8 Spread the filling evenly and to the edge of the bread
9 Cover each slice with corresponding slice of bread
10 Stack several made sandwiches and cut down through the middle with one stroke of the knife Stack on a tray and cover with a wet cloth (or wrap in wax paper) to prevent drying

Simple sandwiches may be made more attractive by cutting into rounds triangles or small squares

Making Tea Sandwiches

Checkerboard Sandwiches 1 Cut 3 slices of white and 3 slices of whole wheat bread about half an inch thick

2 Spread one slice of white bread with a thin spread place a slice of whole wheat bread on this and spread with butter and top with another slice of white bread

3 Use the remaining 2 whole wheat slices and the slice of white bread to make another stack

4 Wrap in a damp cloth place under a light weight and put in a cool place until firm and cooled

5 Trim and cut each pile into 3 slices

6 Spread these slices and combine them crosswise white and whole wheat squares alternating

7 Repeat weighting and cooling process for a few hours When ready to serve cut in $\frac{1}{4}$ to $\frac{1}{2}$ inch slices

Ribbon Sandwiches Proceed as for checkerboard sandwich to step 5 then slice each pile into desired thickness

Open Sandwiches 1 Cut slices of bread $\frac{1}{4}$ inch thick into rounds hearts stars diamonds crescents squares or any desired shape

2 Spread with creamed butter then with filling and decorate The filling may be ham and sliced cheese lettuce and hard cooked egg chicken salad shrimp salad minced tongue and sliced tomato sliced cucumber and lettuce cottage cheese and sliced tomatoes jam olives chopped parsley and pimiento hard cooked eggs (Cut the bread a little thicker and use a little thicker filling than for the simple sandwich)

a *Tomato* Place a thin slice of tomato on a round of buttered bread Garnish with mayonnaise and a sprig of parsley or butter the edges of the bread and roll in chopped parsley

b *Cream cheese* Spread bread cut into diamond shapes with butter and cream cheese Garnish with pimiento or green peppers

c *American cheese* Place thin slices of cheese on crisp crackers Add a dash of salt and pepper and place under the broiler until the cheese has melted Garnish with paprika and serve hot

d *Cherry nut* Spread bread cut in heart shapes with a mixture of chopped almonds, maraschino cherries and whipped cream

e *Ginger nut* Mix chopped walnuts, candied ginger and mayonnaise *Cut bread into tiny squares and garnish with a half walnut and bit of paprika*

f *Spiced cheese* Mix ground American cheese butter lemon juice Worcestershire sauce paprika cayenne and onion juice Spread on rounds of rye bread Garnish with stuffed olive slices

Rolled Sandwiches 1 Slice a sandwich loaf of bread lengthwise into 6 slices

2 Spread each slice with creamed butter and then with a thin filling of cream cheese

3 Place a thin strip of pimiento and chopped parsley across the end of each slice and roll bread around pimiento as you would a jelly roll

4 Wrap each roll in wax paper tie and put in a cool place

5 When ready to serve slice thin

Pinwheel Sandwiches 1 Remove crusts from half a Pullman loaf of bread and cut into slices 1/4 inch thick

2 Spread slices with creamed butter and then with pimiento cream cheese to which has been added paprika

3 Roll like a jelly roll

4 Cover with a very damp cloth and place in the refrigerator until set

5 Slice into 1/4 inch slices

Two tone Sandwiches 1 Cut whole wheat and white bread into 2 1/2 inch rounds

2 Spread with butter or cream cheese or other thin fillings

3 Use a doughnut cutter and remove the center from half of the whole wheat and half of the white bread

4 Place the whole wheat round on the white bread and vice versa fit the white rounds into the whole wheat circles and vice versa

Toasted Sandwiches Many ingredients may be combined to make suitable fillings for toasted sandwiches The outside is often brushed with butter and the sandwich toasted after the filling has been added although a crisp ingredient like lettuce is added after the sandwich is toasted Toasted sandwiches may be either closed or open faced A few suggestions for toasted sandwiches follow

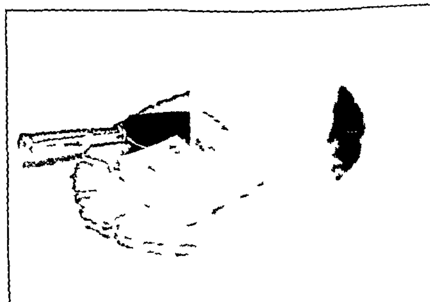
1 Thinly sliced tomato broiled bacon lettuce and salad dressing

SANDWICHES

2 Chicken livers mashed crisp bacon and sal...
3 Sweetbreads and mushrooms browned in bu...
4 Sardine and hard cooked eggs mayonnai...
5 Sweetbreads hard cooked eggs mayonnais...
6 Goose liver mayonnaise and onion
7 Sliced cheese sliced ham and prepared m...
8 Sliced cheese tomato and mayonnaise
9 Chicken salad

SANDWICH FILLING SU...

1 Dates figs raisins orange ground
2 Peanut butter and bananas mixed



11 Raspberry jelly or jam and cream cheese
12 Sliced tomato and mayonnaise
13 Ground cheese and drief beef, mixed with tomato juice and cooked then egg yolk added
14 Cream cheese chopped red and green peppers mixed
15 Cream cheese and chopped dates mixed
16 Cream cheese chopped preserved ginger mixed
17 Cabbage and carrot chopped fine mixed with salad dressing
18 Grated carrots chopped nuts and mayonnaise mixed
19 Chopped celery and salad dressing mixed
20 Chopped celery nuts and salad dressing mixed
21 Chopped celery nuts olives and salad dressing mixed
22 Mashed baked beans sliced tomato and lettuce
23 Cottage cheese and salad dressing on raisin bread
24 Cottage cheese nuts, mixed
25 Cottage cheese and chopped green onions on rye bread
26 Nuts and olives chopped and salad dressing mixed
27 Sardines and olives minced butter catsup and lemon juice mixed

CHICKEN SANDWICHES

Amount	Ingredient	Method
3 lb 8 oz	Chicken chopped	Mix well
4 oz	Almonds chopped toasted	
2 t	Salt	
4 oz	Celery chopped fine	
¼ c	Vinegar	
1 c	Mayonnaise	
100 slices	Bread	

HAM SALAD SANDWICHES

Amount	Ingredient	Method
4 lb	Ham cold boiled coarsely ground	Mix well
8 oz	Pickles chopped	
2 oz	Pimientos chopped	
1 c	Boiled dressing	
1 c	Mayonnaise	
100 slices	Bread	

TUNA FISH SANDWICHES

Amount	Ingredient	Method
3 lb (4 13-oz cans)	Tuna fish flaked	Mix well
¼ c	Lemon juice	
1 t	Onion juice	
1 c	Boiled dressing	
1 c	Mayonnaise	
100 slices	Bread	

MEAT SANDWICHES

Amount	Ingredient	Method
4 lb	Meat cold boiled finely chopped	Mix well
4	Eggs hard-cooked chopped	
4 oz	Celery chopped fine	
8 oz	Olives chopped	
1 pt	Mayonnaise	
¼ c	Vinegar	
3¼ c	Boiled dressing	
1 t	Salt	
100 slices	Bread	

TOMATO AND BACON SANDWICHES

Amount	Ingredient	Method
4 lb	Bacon sliced	Place slices in rows in a baking pan Cook in oven until crisp and brown
7 lb	Tomatoes sliced	
1 c	Mayonnaise	
100 slices	Bread	
2 heads	Lettuce	
	Spread 50 slices of bread with mayonnaise place bacon slices thin slices of tomato and a piece of lettuce on each	

PEANUT SANDWICHES

Amount		Ingredient	Method
1 lb	8 oz	Peanuts shelled	Grind
		Add	
	6 oz	Butter	
		Mix well	
		Add	
	1 c	Cream whipped	Mixed
	1 c	Mayonnaise	
	1 T	Salt	
2 heads		Lettuce	
		Place a piece of lettuce in each sandwich	
100 slices		Bread cracked wheat	

CHEESE SANDWICHES

Amount		Ingredient	Method
3 lb		Cheese ground	Mix well
	1 pt	Cream	
	2 t	Salt	
	f g	Cayenne	
	4 oz	Butter	
100 slices		Bread	

The true essentials of a feast are only fun and feed
—HOLMES

CARAMEL SAUCE

Amount	Ingredient	Method
1 lb	Sugar brown	Cook until a soft ball forms (238 F)
1⅓ c	Corn sirup	
3 c	Water	
	Add	
6 oz	Butter	Stir until melted
8	Marshmallows	
	Cool then add	
1⅓ c	Milk evaporated	
		Yield approx 5 c

ORIENTAL SAUCE

Amount	Ingredient	Method
[illegible] lb	Sugar	Cook and stir until sugar is dissolved
1½ pt	Water	
	Add	
1	Lemon juice	Cook until clear
1	Lemon rind cut into long thin strips	
1	Orange juice	
1	Orange rind cut into long thin strips	
	Add	
6 oz	Ginger candied *crystallized*	*Cook to 234°F*
	Remove from stove add	
4 oz	Almonds blanched cut into strips	
		Yield approx 1 qt

NOTE Serve cold with vanilla ice cream

CHOCOLATE SAUCE

Amount	Ingredient	Method
5 oz	Cocoa	Mix
2½ c	Water lukewarm	
	Add	
1 qt	Water, boiling	Stir constantly until it boils
	Add	
3 oz	Cornstarch	Mixed
⅓ c	Water cold	
	Bring to boiling point	
	Add	
1 lb 8 oz	Sugar	
f g	Salt	
	Cook over water 1 hr	
	Add	
1 t	Vanilla	
8 oz	Butter	Yield 9 c

Note Serve hot or cold with pudding or ice cream

HOT CHOCOLATE SAUCE

Amount	Ingredient	Method
8 oz	Butter soft or melted	Cream in top of double boiler
1 lb 8 oz	Sugar powdered	
	Add	
1¼ c	Milk evaporated	
8 oz	Chocolate shaved	
	Cook over water 30 min	Yield approx 5 c

Note This sauce will keep indefinitely Serve on vanilla or peppermint ice cream
Heat in a double boiler before serving

PEPPERMINT SAUCE

Amount		Ingredient	Method
2 lb	4 oz	Sugar	Boil to a medium sirup (234°F)
	2½ c	Water	
		Add	
	10 oz	Marshmallow, cut	
		Add gradually to	
	5	Egg whites, stiffly beaten	
		Add	
	5 drops	Peppermint oil	
			Yield approx 2½ qt

NOTE Chill and serve with ice cream or cake

CUSTARD SAUCE

Amount		Ingredient	Method
	14 oz	Sugar	Mix
	2 oz	Cornstarch	
	½ t	Salt	
		Add	
	1 pt	Milk, cold	Stir until smooth
		Add	
3 qt		Milk, hot	Stirring constantly
		Add	
	10	Egg yolks, beaten	Blend well
		Cook over water, add	
	2 T	Vanilla	
			Yield 5 qt

NOTE Cool and serve with pudding or over cubed oranges

LEMON SAUCE

Amount		Ingredient	Method
2 lb		Sugar	Mix
	3 oz	Cornstarch	
	½ t	Salt	
		Add	
2 qt		Water boiling	Cook until clear
		Add	
	5 oz	Lemon juice	
		Add	
	2 T	Butter	Yield 2 qt

Note Serve hot with steamed bread or rice pudding

HARD SAUCE I

Amount		Ingredient	Method
	8 oz	Butter	Cream well
		Add	
	2 T	Water boiling	Stir until creamy
		Gradually add	
1 lb	3 oz	Sugar powdered	
	1 t	Lemon extract	

Note Serve with Christmas Pudding

HARD SAUCE II

Amount		Ingredient	Method
	12 oz	Butter creamed	Add sugar gradually Cream well
1 lb	4 oz	Sugar brown sifted	
		Fold in	
	¾ c	Cream whipped	
	2 t	Vanilla	

HOLLANDAISE SAUCE

Amount	Ingredient	Method
2 oz	Butter	
	Add	
1½ T	Lemon juice	Place over low flame and cook slowly beating constantly
3	Egg yolks	
	When first portion of butter is melted add	
2 oz	Butter	Continue cooking and beating
	Beat until mixture thickens add	
2 oz	Butter	Stirring constantly Cook until thickened
	Remove from flame add	
f g	Salt	
f g	Cayenne	
	Serve immediately	
		Yield 12 servings

Note If sauce tends to curdle add hot water a teaspoon at a time stirring vigorously

MOCK HOLLANDAISE SAUCE

Amount	Ingredient	Method
1½ qt	Milk hot	Make a white sauce
6 oz	Butter melted	
3 oz	Flour	
1 t	Salt	
½ t	Pepper	
f g	Cayenne	
	Add	
12	Egg yolks unbeaten	Add 1 egg at a time a little butter and a little lemon juice until all are added Beat well
1 lb	*Butter*	
½ c	Lemon juice	
		Yield approx 2 qt

HOT VEGETABLE SAUCE

Amount		Ingredient	Method
1 lb		Bacon, cubed (or butter)	Fry crisp
		Add	
	4 oz	Flour	Stir until smooth and flour browned
		Add	
1 lb		Sugar	Mixed and heated to boiling point
	2½ oz	Salt	
	1½ pt	Vinegar mild	
	1½ pt	Water	
		Cook over water	
			Yield 2½ qt

Note Use to wilt lettuce spinach or for hot potato salad

RAISIN SAUCE

Amount		Ingredient	Method
		Sugar	Bring to boiling point
	1 pt	Water	
		Add	
1 lb		Raisins cooked	Let simmer gently about 5 min or until jelly is dissolved
	⅓ c	Vinegar	
	2 oz	Butter	
	1 T	Worcestershire sauce	
	1 t	Salt	
	¼ t	Pepper white	
	½ t	Cloves	
	⅛ t	Mace	
1 lb		*Currant jelly*	
			Yield 1½ qt

Note Red coloring may be added Serve with ham

KENTUCKY LAMB SAUCE

Amount	Ingredient	Method
4 oz	Butter	Thoroughly blend
½ c	Jelly apple	
½ c	Catsup	
1 t	Sugar	
1 t	Allspice	
		Yield approx 1¼ c

Note Fresh mint may be added

MUSTARD SAUCE

Amount	Ingredient	Method
1 oz	Sugar	Mix
½ t	Salt	
2 t	Mustard, dry	
	Add	
2	Eggs, beaten	Mixed
2 T	Water	
4 T	Vinegar	
	Cook in double boiler until thick	
	Add	
1 oz	Butter	Stir until melted
	When cold, fold in	
1 pt	Cream, whipped	
		Yield approx 2½ c

NOTE: Serve cold with pork, beef, or ham roasts

SPANISH SAUCE

Amount	Ingredient	Method
3 oz	Onion, chopped	Fry until brown
4 oz	Butter	
	Add	
2 qt	Tomatoes, canned	Let simmer slowly until all vegetables are tender
1 lb	Celery, diced	
4 oz	Green pepper, chopped	
6 oz	Pimiento, chopped	
1 T	Salt	
½ t	Pepper	
f g	Cayenne	
		Yield 2½ qt

BARBEQUE SAUCE

Amount	Ingredient	Method
¾ c	Vinegar	Mix
3 oz	Sugar	
2¾ c	Catsup	
1 oz	Salt	
2 T	Onion, grated	
		Yield approx 1 qt

BECHAMEL SAUCE

Amount	Ingredient	Method
1½ qt	Stock, white	Cook together 20 min. Strain. (There should be 1 qt of liquid.) Use in the preparation of sauce.
4	Onion slices	
2 T	Peppercorns	
3 oz	Carrots, chopped	
1	Bay leaf	
8 oz	Butter, melted	Use same procedure as for white sauce.
4 oz	Flour	
1 qt	Liquid (prepared above)	
1 qt	Milk, hot	
½ t	Salt	
½ t	Pepper, white	
f.g.	Cayenne	
		Yield: approx. 2 qt

NOTE: Serve with meat timbales or soufflé.

WHITE SAUCE

Sauce I	Sauce II	Sauce III	Sauce IV	Ingredient	Method
8 oz	10 to 12 oz	12 to 16 oz *	1½ to 2 lb *	Fat, melted, hot	
4 oz	6 oz	8 oz	1 lb	Flour	Remove from fire, add. Stir until smooth.
1 T	1 T	1 T	1 T	Salt	Add
1 t	1 t	1 t	1 t	Pepper, white	
4 qt	4 qt	4 qt	4 qt	Milk, scalded	Add gradually, stirring constantly. Cook until smooth and thick.
					Yield: 1 gal

NOTE: If more than 4 qt of white sauce are made, add approx. ¼ of the milk to the fat-flour mixture, stir until smooth, add this mixture to the remaining milk.

* May be reduced to 8 to 12 oz. If fat is reduced, combine flour and salt with ¼ of the milk. Add flour-milk paste to remainder of milk that has been scalded. Cook to desired consistency. Add fat.

WHITE SAUCE VARIATIONS

Variation	Ingredients
	To 2 quarts White Sauce No III
Caper Sauce	Add 1½ c capers drained
Celery Sauce	Add 8 oz celery diced cooked
Cheese Sauce	Add 12 oz cheese grated
Egg Sauce	Add 8 eggs hard-cooked chopped
Horseradish Sauce	Add (just before serving) 1½ c horseradish drained
Parsley Sauce	Add 1 c parsley minced
Pimiento Sauce	Add 6 oz pimiento chopped
Pepper Sauce	Add (just before serving) ¼ c red peppers chopped ½ c green peppers chopped ½ c pickle relish ¼ t mustard seed ¼ t celery seed

CHEESE SAUCE

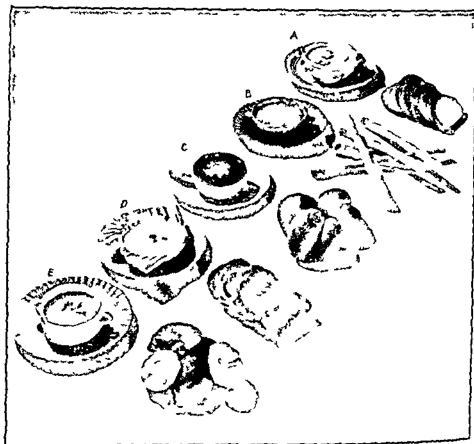
Amount	Ingredient	Method
2 qt	Milk hot	Make a sauce
3 oz	Flour	
1 T	Salt	
f g	Cayenne	
	Add	
1½ to 2 lb	Cheese ground	Mix Yield approx 3 qt

Note Do not cook after cheese is added

SOUPS

Beautiful Soup so rich and green
Waiting in a hot tureen!
Who for such dainties would not stoop?
Soup of the evening beautiful Soup

—Alice in Wonderland



Courtesy General Mills Inc

FIG X.—*The right accompaniment may determine the success of the soup course* (a) Potage St Germaine calls for *rye bread* (b) Minestrone for Italian bread sticks (c) Onion soup au *gratin for* hard crusted rolls (d) Clam chowder for lightly buttered toast and (e) *Navy bean soup for the hearty plain roll*

WHITE STOCK

Amount	Ingredient	Method
5 lb	Veal knuckle	Cut meat into small pieces and put bone and meat into kettle
2 lb	Beef shank, lean	
	Add	
1½ gal	Water, cold	Bring to boiling point
	Add	
3	Onions, chopped	Let simmer until meat leaves bone (about 4 hr)
2½ oz	Celery, chopped	
2½ oz	Carrots, chopped	
½ t	Peppercorns	
1	Bay leaf	
2 oz	Salt	
	Remove meat, strain and skim off fat	
	Add	
4	Egg whites, beaten	Boil 5 min
4	Egg shells, crushed	
	Let simmer 15 min. Strain through cheese cloth	
		Yield 1 gal

NOTE: This stock may be used for fine soups. Chicken may be used for part of the meat in making this stock.

BROWN STOCK

Amount	Ingredient	Method
8 lb	Brisket	Wipe off meat with damp cloth. Dice
	Put ⅔ of meat into stock pot	
	Add	
1½ gal	Water, cold	Let stand 30 min
	Heat slowly to boiling point	
	Let simmer 2 hr	
	Add	
1	Onion	Braised
1 t	Celery seed	
1	Bay leaf	
1 T	Salt	
6	Cloves	
⅓ above amount	Beef	
	Let simmer 3 hr	
		Yield 1 gal

VARIATIONS OF STOCK SOUP

Variation	Ingredients
	To 3 gallons meat stock
Alphabet Soup	Add 2 T celery salt 1/4 t pepper 4 oz onion grated 6 oz carrots grated 10 oz alphabets
Barley Soup	Add 1 lb 12 oz barley
Bean Soup	Add 4 lb 8 oz navy beans cooked 1 c celery leaves chopped 4 oz onion
Beef Soup	Add 3 lb beef ground fresh 5 oz celery chopped 5 oz carrots chopped 3 oz onions chopped 12 oz peas 8 oz rice (if desired)
Creole Soup	Add (use 3 qt less stock) 1 No 10 can tomatoes 1 lb green peppers shredded 1 lb onion chopped 1 lb macaroni cooked 2 oz salt (may vary) 1/4 t pepper 4 bay leaves
Julienne Soup	Add 2 T celery salt 1 lb carrots cut long thin 1 lb green beans cut long thin 12 oz celery cut long thin 2 oz onions cut long thin 2 oz salt (may vary)
Noodle Soup	Add 6 oz (A P) noodles
Oyster Bouillon	Add 5 oz carrots 4 oz onions

VARIATIONS OF STOCK SOUP (continued)

Variation	Ingredients
	10 oz green peppers [illegible] qt strained tomatoes 6 oz flour } Blended 6 oz butter } 2 oz salt (may vary) [illegible] qt oysters
Rice Soup	Add 1 lb 8 oz (A P) rice
Spaghetti Soup (or Vermicelli)	Add 1[illegible] oz (A P) spaghetti
Split Pea Soup	Add [illegible]½ lb split peas 1 qt tomatoes 2 oz salt (may vary) 1 lb salt pork diced 1 c celery leaves 1 pt cream thin
Tomato Bouillon	Add (omit 6 qt broth) 2 No 10 cans tomatoes strained 1 oz onions chopped 2 oz sugar [illegible] oz salt (may vary) 1/3 t pepper ½ t cloves 2 bay leaves 1 T peppercorns 1 t soda
Vegetable Soup	Add 3 qt vegetables cooked mixed or 4 qt vegetables raw mixed
Veloute Soup	10 oz flour } Blended 6 oz butter } Add Stock 6 oz onions 1 oz or more salt ½ T peppercorns Vegetables as desired

BOUILLON

Amount	Ingredient	Method
4 lb	Bone	Crack the bone and add to the to the water
3½ gal	Water	
	Add	
8 lb	Beef lean seared	Let stand 1 hr
	Let simmer for 3 to 4 hr	
	Add	
8 oz	Carrots diced	Cook 1 hr Strain Chill over night Remove fat
8 oz	Celery chopped	
2 oz	Onion chopped	
1	Bay leaf	
1 T	Peppercorns	
5 oz	Salt	
	To clear the broth add	
3	Egg shells crushed	
3	Egg whites beaten	
	Bring slowly to the boiling point stirring constantly Let boil 15 to 20 min without stirring Strain through a cloth	

VEGETABLE SOUP

Amount	Ingredient	Method
1 lb 8 oz	Carrots diced	Cook in 2 qt boiling water until tender
1 lb	Turnips diced	
1 lb	Cabbage diced	
8 oz	Onions diced	
2 oz	Salt	
	Add	
4 oz	Tapioca minute	
	Add to	
2½ gal	Stock brown hot	
	Add	
1 qt	Tomato puree	
¼ t	Pepper	

PEPPER POT SOUP

Amount	Ingredient	Method
[illegible] oz	Onions chopped fine	Fry vegetables in butter approx 15 min
8 oz	Peppers green chopped fine	
6 oz	Celery chopped	
3 lb 8 oz (E P)	Potatoes diced	
1[illegible] oz	Butter	
	Add	
5 oz	Flour	Stir until well blended
	Add	
[illegible]½ qt	Stock hot	Keep just below the boiling point for 30 min
1½ pt	Milk hot	
1 oz	Salt	
[illegible] T	Pepper red chopped	

TOMATO RICE SOUP

Amount	Ingredient	Method
2 gal	Soup stock	Heat to boiling point
1 gal	Tomatoes pureed	
1 oz	Salt	
	Add	
2 oz	Onions chopped	Cooked until rice is tender
4 oz	Green peppers chopped	
8 oz	Rice	
	Add	
6 oz	Fat melted	Mix
3 oz	Flour	

RICE SOUP

Amount	Ingredient	Method
8 lb	Soup bone and meat	Make soup stock There should be 4½ to 5 qt when cooked
1½ gal	Water cold	
1 lb	Celery diced	
	Add	
13 oz	Rice	Cooked in 6 qt of boilin water
	Add	
1 gal	Milk hot	
1 t	Onion juice	
2½ oz	Salt	
1 t	Pepper	
¼ c	Parsley chopped	

NOTE Garnish with toast rings sprinkled with chopped parsley and Parmesan cheese

SPLIT PEA SOUP

Amount	Ingredient	Method
4 lb	Peas split	Wash and soak over night
2 gal	Water	
	Add	
1	Ham bone (or [illegible] lb salt pork)	
	Cook in water in which peas were soaked Cook 4 or 5 hr or until peas are soft Strain	
	Add to peas	
4 oz	Butter melted	Made into a white sauce
2 oz	Flour	
1 oz	Onion chopped	
1½ oz	Salt	
½ t	Pepper	
2 qt	Milk hot	
	Bring to boiling point	
	Serve at once	

NOTE It may be necessary to add more salt If soup becomes too thick add hot milk to bring to proper consistency

SPANISH BEAN SOUP

Amount		Ingredient	Method
5 lb		Beans kidney	Cook until beans are tender Strain
1 lb		Onions chopped	
4[illegible] gal		Water	
		Add	
	8 oz	Onions chopped	Fried until onions are slightly browned
	[illegible] oz	Green peppers	
	2 oz	Butter or bacon fat	
		Add	
1½ gal		Tomatoes strained	Heat about 10 min Add to bean puree
	3 oz	Salt	
	1¼ T	Pepper	
		Cook 5 min to blend thoroughly the ingredients Serving approx 6 oz	

Note Baked bean puree may be substituted for kidney bean puree

ORANGE SOUP (CH EN TZU KENG)

Amount		Ingredient	Method
	[illegible] c	Water	Heat to the boiling point
	6 oz	Sugar	
	1 t	Salt	
		Add	
	[illegible] oz	Cornstarch	Made into a paste
	[illegible] c	Water cold	
		Cook until clear add	
[illegible] qt		Orange juice	
	2 oz	Butter	
		Heat and serve at once	

Note Foundation may be made and kept covered Reheat before adding fruit juice

BASIC CREAM SOUP

Amount	Ingredient	Method
9 qt	Milk hot	Make a white sauce
12 oz	Butter melted	
6 oz	Flour	
2 oz	Salt	
½ t	Pepper white	
VARIATION		
Asparagus Soup	Add 6 lb 8 oz asparagus cut and cooked Strain after it has been added to the white sauce Serve immediately	
Celery Soup	Add 1 lb 8 oz celery stalks chopped 8 oz carrots diced 2½ oz onions 1½ gal water Cook vegetables in the water for about 1 hr Add to white sauce Heat then strain	
Corn Soup	Add 3 qt corn 1 oz onions chopped Strain after the corn has been added	
Pea Soup	Add 3 qt pea puree 2 oz onions minced 1 oz sugar	
Spinach Soup	Add 2½ to 3 qt spinach purée 2 oz onions grated (optional)	

CREAM OF POTATO SOUP

Amount	Ingredient	Method
12 lb	Potatoes	Cook until the potatoes are soft Purée or mash without draining
6 oz	Onion chopped	
9 qt	Water	
	Add to	
9 qt	Milk whole hot	Made into a white sauce
12 oz	Butter	
3 oz	Flour	
1½ t	Pepper white	
3 oz	Salt	
	Bring to boiling point	
	Sprinkle with parsley and serve	
		Yield approx 3 gal

Note 12 eggs beaten and added to the soup just before serving will improve the flavor

CREAM OF TOMATO SOUP

Amount	Ingredient	Method
1½ gal	Tomato puree thin	Heat to boiling point
1 oz	Onion chopped	
½	Bay leaf	
	Add	
2 t	Soda	Mix well
	Just before serving	pour slowly into
1½ gal	Milk hot	Made into a white sauce
10 oz	Butter melted	
6 oz	Flour	
2 oz	Salt	
1 t	Pepper	
4 oz	Sugar	
		Yield approx 3 gal

Note Chopped parsley and 1 t whipped cream may be used as a garnish for each serving

CREAM OF VEGETABLE SOUP

Amount	Ingredient	Method
1 lb (E P)	Celery chopped	Mix Cook until vegetables are soft
4 oz	Onion chopped	
1 lb	Carrots diced	
2 lb	Potatoes diced	
1 gal	Water	
2 oz	Salt	
	Add to	
9 qt	Milk hot	Made into a white sauce
5 oz	Fat melted	
2 3 oz	Flour	
		Yield approx 3 gal

CREAM OF CHICKEN SOUP

Amount	Ingredient	Method
1 gal	White Sauce No I	Substitute chicken fat for butter in making the white sauce
	Add	
2 gal	Chicken stock	
2 t	Celery salt	
¼ t	Pepper white	
		Yield 3 gal

Note 2 c of chopped chicken and 2 c of cooked rice may be added to the above recipe Sprinkle chopped parsley over the top just before serving

CORN CHOWDER

Amount	Ingredient	Method
1 lb	Salt pork cubed	Fry until crisp
	Add	
12 oz	Onions chopped	Cook slowly 5 min
	Pour into kettle	
5 lb (E P)	Potatoes cubed cooked	
	Add	
1 No 10 can	Corn	
	Add	
	Fat tried from pork	Made into a white sauce
2 oz	Flour	
7 qt	Milk hot	
1 t	Pepper white	
2 oz	Salt	
		Serving 6 oz

CLAM CHOWDER

Amount		Ingredient	Method
2 qt (8 9-oz cans)		Clams	Clean Steam until tender Drain and chop (save juice)
		Add	
	2 oz	Onions chopped	Fried together 5 min
	4 oz	Salt pork	
		Add	
5 lb	(E P)	Potatoes cubed cooked	
	1 T	Salt	
		Add	
2 gal		White Sauce No I	
			Serving approx 8 oz

NOTE Juice drained from clams may be substituted for an equal quantity of the milk in white sauce

POTATO CHOWDER

Amount		Ingredient	Method
6 slices		Bacon cubed	*Fry together until onions are tender*
	5 oz	Onions chopped	
		Add	
	3 oz	Flour	
		Add	
6 qt		Milk hot	
		Add	
5 lb		Potatoes cubed cooked	Heat
	2 oz	Salt	
	1 t	Pepper	
			Serving approx 6 oz

ACCOMPANIMENTS FOR SOUP

- Bacon Square, broiled and diced
- Celery
- Cheese Sticks
- Cheese grated on toast
- Crackers toasted
- Crisped Bread
- Croutons
- Custard Cubes
- Dumplings
- Eggs poached
- Egg Balls
- Julienne Vegetables
- Melba toast
- Olives
- Parsley
- Pickles
- Radishes
- Toast Sticks
- Vegetables, crisp
- Whipped Cream

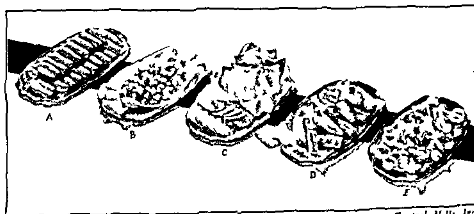


FIG XI —Pleasing accompaniments for the soup course (a) New style bread sticks (b) croutons (c) Melba toast (d) toasted cheese rolls (e) toasted rings

VEGETABLES

By the lamplit stall I loitered feasting my eyes
On colors ripe and rich for the heart s desire—
Tomatoes redder than Krakatoa s fire,
Oranges like old sunsets over Tyre
And apples golden green as the glades of Paradise

—W W GIBSON *Sight*

VEGETABLE COOKERY

The amount of time required to cook any given vegetable will depend upon

1 Method of cookery
2 Age and condition of vegetable
3 Preparation of the vegetable (large or small pieces)
4 The amount of water used and the temperature
5 The amount of vegetable cooked at one time
6 Chemical composition of the water
7 The size and shape of container used
8 Altitude
9 Preference of clientele served

DRIED VEGETABLES

A greater yield and a more satisfactory product is obtained from dried vegetables if they are soaked several hours before they are to be used

Vegetable	Lbs	Method	Approximate Cookery Time*
Asparagus	5	Steamer	8 to 10 minutes**
Asparagus	5	Stove	15 to 20 minutes
Green Beans	5	Steamer	25 to 35 minutes
Green Beans	5	Stove	45 to 55 minutes
Beets unpeeled old	Up to 30	Steamer	1½ to 2 hours
Beets peeled shredded	5	Steamer	3 to 4 minutes**
Broccoli stems split	5	Steamer	6 to 8 minutes**
Broccoli	5	Stove	12 to 15 minutes
Brussels Sprouts	5	Steamer	6 to 8 minutes**
Brussels Sprouts	5	Stove	15 to 20 minutes
Cabbage cut	5	Steamer	6 to 8 minutes**
Cabbage cut	5	Stove	15 to 20 minutes
Cabbage shredded	5	Steamer	5 minutes**
Carrots quartered	5	Steamer	15 to 20 minutes**
Carrots quartered	5	Stove	25 to 35 minutes
Cauliflower	5	Steamer	6 to 8 minutes**
Cauliflower	5	Stove	15 to 20 minutes
Onions	5	Stove	15 to 20 minutes
Parsnips quartered	5	Steamer	20 minutes**
Peas fresh	5	Steamer	8 to 10 minutes**
Peas fresh	5	Stove	20 to 25 minutes
Potatoes sweet	Up to 30	Steamer	30 to 40 minutes
Potatoes white	Up to 30	Steamer	20 to 30 minutes
Potatoes white		Stove	30 to 45 minutes
Spinach	5	Steamer	5 minutes**
Spinach	5	Stove	18 to 25 minutes
Squash summer	5	Steamer	12 to 15 minutes**
Squash summer	5	Stove	20 to 30 minutes
Turnips cut	Up to 30	Steamer	15 to 20 minutes**
Turnips cut	5	Stove	20 to 30 minutes
Tomatoes whole		Oven	18 to 25 minutes

* If a steam jacketed kettle is used for cooking vegetables the cooking time required will be comparable to the time given for steaming

** Arranged in a thin layer preferably in the serving pan

SUMMARY OF A STUDY OF THE WASTE AND TIME OF PREPARATION OF CERTAIN FRESH FRUITS AND VEGETABLES*

	Average Percentage of Waste	Time of Preparation Minutes per lb
Vegetables		
Beans string	10 48	6 6
Cabbage	28 08	1 2
Carrots	21 42	2 0
Cauliflower untrimmed	72 89	0 5
Cauliflower trimmed	53 58	0 7
Celery	38 55	5 4
Cucumbers	25 54	2 7
Onions	6 85	2 2
Peppers green	28 11	—
Potatoes	27 67	1 1
Spinach	37 78	3 5
Sweet Potatoes	26 15	1 1
Tomatoes	14 46	1 4
Fruits		
Apples unpeeled	14 24	1 8
Apples peeled	27 89	2 0
Bananas	33 44	—
Strawberries	18 43	7 3

* Lillian H Johnson A Study of the Waste in and the Time of Preparation of Certain Fresh Fruits and Vegetables Unpublished thesis (1931) Kansas State College

CANNED VEGETABLES

Vegetable	Creamed		Buttered	
	Amount		Amount	
	Vegetable	White Sauce II	Vegetable	Butter
Asparagus	2 No 10 cans	2 qt	2 No 10 cans	8 oz
Beans wax	2 No 10 cans	2 qt	2 No 10 cans	8 oz
Beans Lima	1½ 2 No 10 cans	2 qt	2 No 10 cans	8 oz
Carrots diced	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Hominy	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Peas	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Tomatoes			2 No 10 cans	8 oz

CREAMED OR BUTTERED VEGETABLES

Vegetable	Creamed		Buttered	
	Amount		Amount	
	Vegetable	White Sauce II	Vegetable	Butter
Asparagus tip	20 lb	2 qt	21 lb	8 oz
Asparagus cut	10 lb	3 to 3 qt	15 lb	8 oz
Broccoli			21 lb	8 oz
Cabbage	10 lb	2 to 3 qt	12 lb	8 oz
Carrots	10 lb	2 to 3 qt	12 lb	8 oz
Cauliflower	10 lb E P	2 to 3 qt	10 lb (E P)	8 oz
Celery	7 lb E P	2 qt		
Onions	8 lb E P	2 to 3 qt	13 lb	8 oz
Potatoes	12 lb E P	3 qt	12 lb (E P)	8 oz
Peas	25 lb	2 qt	25 lb	8 oz
Squash			12 lb	8 oz
Tomatoes whole			18 lb	8 oz
Turnips diced	10 lb	2 qt	10 lb	8 oz

MASHED POTATOES

Amount	Ingredient	Method
12 lb (E P)	Potatoes	Place in large kettle
	Add	
1½ gal	Water boiling	Cook until tender
3 oz	Salt	Drain
	Mash and add	
2½ qt	Milk hot	
8 oz	Butter	
2 oz	Salt	
		Serving approx 5 oz

Note Whip until light and creamy Potatoes may be cooked in the steamer

SCALLOPED POTATOES

Amount	Ingredient	Method
11 lb (E P)	Potatoes	Slice Place in 2 baking pans
2 oz	Salt	
	Pour over potatoes	
1 gal	White Sauce No II hot	
	Bake 1 hr then cover potatoes with	
6 oz	Bread crumbs	Mixed
2 oz	Butter melted	

Bake approx 2 hr 350 F Serving 5 oz

Note If a shorter cooking time is desired the sliced potatoes may be steamed *until tender*

FRENCH FRIED POTATOES

Amount	Ingredient	Method
10 lb (E P)	Potatoes Cut into long narrow pieces Cover with cold water Let stand 1 hr or longer Drain Place in wire basket and fry in deep fat about 2 min Drain on brown paper This may be done before serving time At serving time fry the potatoes again until brown and tender Serving approx 3 oz	

Note If raw fry in deep fat approx 4 min 375°F

SCALLOPED SWEET POTATO AND APPLE

Amount	Ingredient	Method
15 lb	Sweet potatoes	Cook potatoes in skins Peel and slice
5 lb	Apples peeled and sliced	
	Place alternate layers of sweet potatoes and apples in baking pan	
	Add	
1 lb	Sugar brown	Made into a sirup
8 oz	Sugar white	
1½ oz	Salt	
8 oz	Butter	
2 qt	Water	

Bake 45 min 350°F

Note During the last 5 min of baking place 1 lb of marshmallows on the top
For Cranberry Sweet Potato casserole substitute 7 lb uncooked cranberries for apples omit brown sugar and add 4 lb of granulated sugar

GLAZED SWEET POTATOES

Amount	Ingredient	Method
20 lb (A P)	Sweet potatoes	Pare potatoes then cook or cook then pare Arrange in shallow pans
	Pour over potatoes	
1 lb 12 oz	Sugar brown	Mixed and heated to the boiling point
1 pt	Water	
4 oz	Butter	
½ t	Salt	

Bake approx 15 to 20 min 400 F — Serving approx 4 oz

Note Baste frequently with sirup

APPLES (Buttered)

Amount	Ingredient	Method
13 lb (E P)	Apples	Cut apples into sections Remove core Arrange in pan
	Add	
8 oz	Butter	Mixed
1 pt	Water hot	
1 lb 9 oz	Sugar	
1 oz	Salt	
	Cover and let simmer until apples are tender	

Cook approx 1 hr — Serving 4 oz

Note A more attractive product is obtained if apple sections are arranged in a serving pan and steamed until tender butter and sugar sprinkled over the top and then placed in the oven for 15 to 20 min

Apples may be cut into rings and cinnamon drops red hots added for flavor and color

CABBAGE (Buttered)

Amount	Ingredient	Method
9 lb (E P)	Cabbage	Remove outer leaves Cut into quarters and remove stalk Cut quarters in several pieces *or shred Cook in boiling* salt water until tender
4 gal	Water boiling	
4 oz	*Salt*	
	Drain and add	
8 oz	Butter melted	

Cooking time approx 20 min — Serving 3 oz

Note Cabbage will cook in a shorter time if shredded and will yield a more desirable product

SPINACH (Buttered)

Amount	Ingredient	Method
10 lb (E P)	Spinach	
	Remove roots wilted leaves and coarse stems Weigh Wash first in warm water then in cold water until free from soil Enough water will cling to the leaves so it is not necessary to add water to cook Cook in uncovered kettle stirring frequently with a fork until leaves are wilted Drain if necessary	
	Add	
1 oz	Salt	
8 oz	Butter	

Cooking time approx 20 min — Serving 3 oz

HOT SLAW

Amount	Ingredient	Method
1 lb 5 oz	Sugar	Mix
1 oz	Salt	
4 oz	Flour	
2 t	Mustard dry	
	Add	
1 qt	Milk, hot	Stir and cook until thick
1 qt 1 c	Water, hot	
	Add	
8	Eggs beaten	Stirring constantly
	Add	
2⅔ c	Vinegar hot	
	Pour sauce over	
9 lb (E P)	Cabbage raw shredded	
4 t	Celery seed	
		Serving approx 3 oz

Note Do not pour hot sauce over cabbage until ready to serve The sauce will yield 4 qt This sauce may also be used as a cooked salad dressing

VEGETABLE MACEDOINE

Amount	Ingredient	Method
1 lb 8 oz	Celery	Dice and cook together in juice drained from peas and enough water to make 5 c
6 oz	Onion	
2 lb	Carrots	
	When partially cooked add	
1 lb 8 oz	Potatoes diced	
2 lb 8 oz	Peas canned	
3 lb 4 oz	Tomatoes cooked	
1 T	Salt	
	When all vegetables are tender, add	
4 oz	Butter or bacon fat	Creamed
1 oz	Flour	

Cook approx 45 min — Serving approx 3 oz

SPANISH GREEN BEANS

Amount	Ingredient	Method
8 oz	Bacon, diced	Fry until onions are browned
6 oz	Onion, chopped	
4 oz	Green pepper, chopped	
	Add	
4 oz	Flour	Stir until smooth
	Add	
1 No. 10 can (or 6 lb.)	Tomatoes, hot	Stir well
	Add	
2 No. 10 cans (or 10 lb.)	Green beans, drained Pour into a flat pan Let simmer approx. 30 min.	

GERMAN CARROTS

Amount	Ingredient	Method
1 qt.	Vinegar, dilute	Make into a sauce. Cook 5 min.
2 t.	Salt	
2 oz.	Cornstarch	
2 lb.	Sugar	
	Add	
8 oz.	Butter	Stir until melted
	Add	
10 lb.	Carrots, cooked, diced When ready to serve, sprinkle with chopped parsley	Let simmer 15 min. Serving approx. 3 oz.

NOTE: Use the water in which the carrots were cooked to make the sauce, if possible; if this water is used, omit salt from sauce.

BRAISED CELERY

Amount	Ingredient	Method
8 lb (E P)	Celery	Use outside stalks and cut into 1½ in pieces
	Cook until tender in	
1 gal	Broth	
	Add	
6 oz	Flour	Made into a thin paste
1 c	Broth cold	
	Add	
1 t	Salt (or more)	

Cook approx 1 hr

Serving approx 3 oz

SCALLOPED CUCUMBERS

Amount	Ingredient	Method
14 lb	Cucumbers	Pare Slice lengthwise and remove hard seeds Steam 3 min Drain
	Arrange in oiled baking pan	
	Sprinkle with	
1 oz	Salt	
1 t	Pepper	
	Pour over the cucumbers	
2½ qt	White Sauce No IV	Mixed
6 oz	Pimiento chopped	
	Sprinkle over the top	
8 oz	Buttered bread crumbs	

Bake approx 30 min 350 F

NOTE For variety cheese may be added to white sauce

HOT POTATO SALAD

Amount	Ingredient	Method
1 lb	Bacon	Dice and fry
	Add	
1½ pt	Mayonnaise	
1 pt	Cooked salad dressing	
	Add	
15 lb (E P)	Potatoes	Diced and steamed until tender
	Add	
3 oz	Onion	
6 oz	Green pepper chopped	
1[illegible]	Eggs hard cooked	
	Combine all ingredients just before serving	
	Serving approx 4 oz	

Note Bacon and salad dressing may be omitted and one recipe of hot vegetable sauce added

HARVARD BEETS

Amount	Ingredient	Method
10 lb	Beets fresh	
	Cut tops from beets leaving 2 in stems Weigh Do not remove roots	
	Wash and cook until tender Plunge into cold water Remove skins Cut into ½ in cubes (May use 2 No 10 cans of beets in place of fresh beets)	
	Raw beets may be peeled shredded and cooked 4 min in steamer	

SAUCE

Amount	Ingredient	Method
12 oz	Sugar	Mix
1 oz	Salt	
8 oz	Cornstarch	
	Add	
[illegible] qt	Water hot	Stirring constantly
	Cook until thick add	
4 oz	Butter	
1[illegible] c	Vinegar	
	Add the sauce to the beets and reheat	

Note If the beets are canned use the beet juice in place of water

BAKED TOMATOES

Amount	Ingredient	Method
50	Tomatoes (4 to 5 oz each)	Wash Cut cone-shaped piece from center
	Add	
3½ oz	Salt	½ t in center of each tomato
	Allow to stand 1 hr	
	Add	
2 oz	Bread crumbs coarse	Place 1 t crumbs and 1 t onion in each tomato
6 oz	Onions chopped fine	

Bake 15 to 20 min 400°F

SAUTEED TOMATOES

Amount	Ingredient	Method
15 lb	Tomatoes	Wash Cut into ½ in slices
	Season with	
3½ oz	Salt	
	Dredge in	
1 lb 2 oz	Bread crumbs dry	Mixed
12 oz	Flour	
	Sauté in	
1 lb	Butter	

STUFFED BAKED ONIONS

Amount	Ingredient	Method
50	Onions (4 oz each)	Peel Scoop out center Steam until tender
	Fill with	
1 lb	Bread crumbs dry	Mixed with onion centers cooked and chopped
1 oz	Salt	
1½ qt	White Sauce No I	
1 lb	Butter	
6	Egg yolks beaten	
	Cover tops with buttered crumbs	

Bake 400 F until browned

NOTE For variation 1 lb chopped almonds may be added to filling For plain baked onions make a small cavity in each onion steam Sprinkle salt in each onion and fill with buttered crumbs Bake until brown

BAKED BEANS

Amount		Ingredient	Method
5 lb		Beans navy	Weigh wash and soak over night Drain
		Add	
1 gal	1 pt	Water	Cook until tender
		Add to beans	
	2 oz	Salt	
	6 oz	Sugar brown	
	1 t	Mustard dry	
	1 oz	Vinegar	
	8 oz	Molasses	
	2½ c	Catsup (optional)	
1 lb		Salt pork cubed	
		Pour into baking pan	

Bake 4 hr 350°F Serving approx 3 oz

NOTE If necessary more water may be added to beans while cooking

BAKED LIMA BEANS

Amount		Ingredient	Method
6 lb		Beans Lima	Soak beans in cold water Drain Add boiling water cook until tender
1 gal		Water boiling	
		Add to beans	
	4 oz	Pimiento chopped	Mixed
	8 oz	Fat bacon	
	1 oz	Salt	
	1 c	Molasses	
		Pour beans into a baking pan	
		Place on the top of beans	
1 lb	8 oz	Salt pork sliced	
		Bake until tender and brown	

Bake approx 2 hr 350°F Serving approx 5 oz

CURRIED RICE

Amount		Ingredient	Method
	12 oz	Onion, minced	Cook until onions are slightly browned
	12 oz	Butter	
		Add	
3 lb		Rice washed	Stir until butter is absorbed
		Add	
	½ oz	Curry powder	Boil 10 min
	1½ oz	Salt	
2½ qt		Water boiling	
		Pour rice mixture into double boiler	
		Add	
3 qt		Milk hot	Cook until rice is tender
			Serving 5 oz

Note Serve with veal stew

SPANISH RICE

Amount		Ingredient	Method
2 lb	4 oz	Rice	Wash in cold water Cook in 8 qt boiling water until tender Drain and wash with hot water
		Add	
4 lb		Tomatoes canned	
	2½ oz	Pimiento chopped	
	2 oz	Salt	
		Add	
1 lb		Bacon chopped	Fried together
	8 oz	Onion chopped	
	4 oz	Green pepper chopped	
		Pour into oiled pan	

Bake approx 1 hr 350°F Serving approx 5 oz

SWEET POTATO AND ALMOND CROQUETTES

Amount	Ingredient	Method
10 lb (E P)	Sweet potatoes	Cook and mash
	Add	
16	Egg yolks beaten	Mix well
1 c	Cream	
	Add	
[illegible] t	Nutmeg	Mix well
5 T	Sugar	
1 T	Salt	
1 lb	Almonds chopped	
	Measure with a No 12 dipper Let stand in ice box 2 hr Remove ½ hr before frying Dip in egg mixture Roll in	
1 lb	Cornflakes Shape Place a few croquettes in wire basket	

Fry in deep fat 3 to 4 min 375°F

NOTE Sweet potato puffs for a large number may be made by placing them on an oiled pan and baking them 30 to 45 min 350 F

RICE CROQUETTES

Amount	Ingredient	Method
2 lb 4 oz	Rice	Wash with cold water
	Add to	
3 qt	Milk hot	Cook until tender
1½ qt	Water hot	
2 oz	Salt	
	Add	
16	Eggs beaten	Cook until eggs are done
2 oz	Butter	
	Measure with a No 12 dipper Let cool 2 hr Shape Egg and crumb using	
1 c	Milk	
3	Eggs	
12 oz	Crumbs bread	

Fry in deep fat approx 3 to 4 min 375°F

NOTE Serve with cheese sauce or apricot sauce

HOT CORN SANDWICH

Amount		Ingredient	Method
3 qt		Tomato puree	Make as white sauce
2 qt		Corn	
1 lb		Butter	
	4 oz	Pimientos chopped	
	2 oz	Salt	
	8 oz	Flour	
		Add	
1 lb	8 oz	Cheese, ground	When cheese is melted add eggs
	[illegible] T	Paprika	
20		Egg yolks beaten	
		Heat over water until yolks are cooked stirring constantly	

Note Serve immediately on a split toasted bun

VEGETABLE PIE

Amount		Ingredient	Method
3 lb (E P)		Carrots raw diced	Cook vegetables until tender
2 lb (E P)		Potatoes diced	
	2 oz	Onion chopped	
	2 oz	Pepper green chopped	
2 qt		Water, or more	
		Add	
2 lb		Peas	Drain liquid from peas and tomatoes and use with other ingredients to make a sauce Add this to peas and tomatoes
4 lb		Tomatoes	
	3 oz	Flour	
	1 oz	Salt	
	1 t	Pepper	
	6 oz	Fat bacon	
		Pour into 2 pans 12 in x 20 in Cover with biscuit dough	

Bake 20 min 400°F
Note Use ½ of biscuit recipe and roll to ½ in thickness rectangular shape

VEGETABLE TIMBALES

Amount		Ingredient	Method
2 qt	1 c	Vegetable finely chopped or pureed	
18		Eggs beaten	
		Add	
1½ qt		Milk hot	Made into a white sauce
	6 oz	Butter melted	
	3 oz	Flour	
	1½ oz	Salt	
		Pour into 50 custard cups	
		Place cups in pans of hot water	

Bake 30 min 350°F

NOTE Use carrots cabbage asparagus spinach or chard

PREPARATION AND ADDITIONAL SUGGESTIONS FOR SERVING VEGETABLES

1 *Artichokes* Cut off stem close to leaves and 1 in off from the top Cook in a large quantity of boiling salted water 30 min to 1 hr depending on size

2 *Fresh Asparagus with Cheese Sauce* Place 5 or 6 stalks of cooked asparagus on each plate and garnish with a tablespoon of cheese sauce and riced egg yolk

3 *Broccoli* Remove only large outer leaves and tough part of stem Cover with rapidly boiling salted water Cooked in uncovered utensil 12 to 15 min Serve with lemon or Hollandaise sauce

4 *Brussels Sprouts* Trim outer leaves from sprouts and a little off stem Cook in a large quantity of boiling salted water 10 to 15 min in uncovered kettle

5 *Julienne Carrots and New Peas* Cut carrots into long narrow strips cook and add butter Place 4 or 5 strips on each plate and place a tablespoon of buttered peas in the center

6 *Buttered Latticed Carrots* Cut the carrots with a lattice slicer and cook until tender serve with melted butter

7 *Carrots O Brien* Cut carrots into long narrow strips cook and add butter in which pepper strips have been cooked Cook a few minutes and add pimiento strips before serving

8 *Corn with Green Pepper Ring* Place a ring of green pepper on each serving of buttered whole grain corn

9 *Green Peppers Stuffed* Remove fresh corn from cob Season with salt pepper and sugar and cook partially Stuff peppers with this mixture and bake in milk

10 *Green Peppers Stuffed* Stuff green peppers with macaroni or mashed potatoes

11 *Egg in Green Pepper Rings* Cut peppers into wide rings parboil and arrange in oiled baking pans In each ring place an egg Bake until firm

12 *Broiled Tomatoes* Select firm ripe tomatoes Slice dip in egg and then

in flour Place in pan dot each piece with butter Cook under broiler or in a very hot oven Tomatoes may also be broiled whole Cut off top dot with butter and place under broiler

13 *Celery and Rice* Cook celery and when tender add cooked rice Let simmer 20 min Add butter Garnish

14 *Stuffed Turnips* Remove the center from a medium sized cooked turnip Fill with buttered peas or baked beans

15 *Apple Rings* Cut rings of unpeeled apple steam until tender add sugar and butter and bake 15 min Garnish with jelly

16 *French Fried Squash* Use a French vegetable cutter to make balls from squash Steam until tender roll in batter then in crumbs and fry

17 *French Fried Pineapple Rings* Bread pineapple rings and fry in deep fat

18 *Spinach and Beets* Serve spinach with sliced new beets

19 *Stuffed Tomatoes* Stuff tomatoes with cooked rice cover with buttered bread crumbs and broil

20 *Stuffed Tomatoes* Stuff broiled tomatoes with cooked cauliflower Serve with cheese sauce

21 *Stuffed Beets* Stuff cooked beets with a mixture of bread crumbs onion juice beet pulp salt and pepper Bake

22 *Rice (Oriental)* Boil 4 lb of rice in 3 qt of water to which 1½ oz of salt has been added until nearly all the water has evaporated Cover and place over very low flame Steam until water is absorbed about 30 min Remove cover and let rice dry If brown rice is used time for cooking is approx 1 hr

23 *Mushrooms* Clean thoroughly Peel all but tender young caps

To fry Add whole sliced mushrooms to butter (2 oz butter to 1 lb mushrooms) Cover and cook over low heat until tender approx 10 min

To cream Proceed as for frying when cooked 2 min add flour (- T to 1 lb mushrooms) Blend add 1 pt thin cream Cover and cook 5 min Season

To broil Remove and chop stems Season Use these to fill hollows of caps Place in shallow pan Dot with butter Broil

24 For variety use

- a Creamed fresh peas and mushrooms
- b Scalloped peas and onions
- c Scalloped or creamed carrots and onions
- d Corn and tomatoes
- e Lima beans and corn (succotash)
- f Scalloped cauliflower and apples
- g Carrots and celery
- h Scalloped cucumbers with tomatoes green peppers and onions
- i Scalloped spinach with tomato
- j Scalloped celery and peas
- k Peas cooked in water containing mint leaves and sugar Lemon juice and butter added before serving
- l Tomatoes and celery stewed

PART III

MENU PLANNING

The initial step toward a successful meal is a carefully planned menu The usual dietetic principles and menu planning suggestions should be followed with special emphasis upon the following points

1 *The age sex, and occupation of the group to be served* In most cases the type of food suitable for a men s civic club would not be enjoyed by a group of high school girls nor would the luncheon considered by the high school girls as perfectly delicious be fully appreciated by the men s club Food preferences are definitely influenced as are food needs by the age sex and occupation of the persons comprising the group being served

2 *The income and cost dispersion* The amount paid for a meal and the number of guests served determine to a great extent the type of meal that can be served Within limits the larger the number served the better the quality and the wider the variety which can be served for a given price

3 *The number to be served* Besides affecting the variety of food that can be served for a given price the number to be served also influences the method of preparing the food For example it would be difficult under usual institutional conditions to prepare grilled tomatoes or stuffed baked potatoes for a large group

4 *Clima e and season* The climate and season must be considered in the choice of foods Plan cool crisp fresh foods for hot weather In cold weather the heavier foods high in caloric value may be used Use foods which are in season they are less expensive and of a be ter quality Certain foods are especially enjoyed at holiday times such as turkey at Thanksgiving and plum pudding at Christmas

5 *Equipment needed* There is a definite relation between the menu and the equipment available for i s preparation The menus should be planned so that the preparation will require only the available equipment The dining room equipment (dishes linen and silver) also limits the extent of the menu the table setting and the type of service

6 *Type of kitchen employees and time for preparation* If the food is to be prepared by inexperienced class girls or untrained employees the menu must be kept simple in detail and foods selected that do not require special skill or extra time for preparation It is always advisable to have a minimum amount of last minute preparation so that all hot foods may be served *hot* and cold foods *cold*

7 *The place of service and the number of waitresses* It is obvious that the place of service and the number of waitresses available should influence the kind and extent of the menu An elaborate menu consisting of many

4 Plan hot bread
5 Plan dessert
6 Plan first course if one is to be served
7 Plan beverage
8 Plan cereals if used
9 Plan breakfast fruits

On the following pages there are given lists of meat arranged according to their suitability for dinner menus or luncheon menus There are also lists of vegetables salads garnishes breads, and desserts These lists, although not complete and exhaustive, are fairly comprehensive Reference to them should afford suggestions for varying menus Further suggestions for salads and vegetables are given under these headings in the recipe section of this manual

MENU PLANNING SUGGESTIONS LIST I MEATS

Dinner Meats

- Chicken
  - Baked
  - Broiled
  - Fricasseed
  - Fried
  - Maryland
- Beef and Veal
  - Corned Beef
  - Steaks, Beef Broiled
    - Chops
    - Minute
    - Fillet Mignon
    - Sirloin
  - Steaks Veal Braised
    - T bone
  - Steaks Round
    - Braised
    - Country Fried
    - Cubed
    - Swiss
    - Spanish
  - Roast Beef
  - Roast Veal
  - Stuffed Flank Steak
  - Veal Cutlets
    - Breaded
    - Baked in Sour Cream
  - Veal Birds
  - Veal Birds with Mushroom Stuffing
- Fish
  - Baked
  - Baked Stuffed
  - Broiled
  - Boiled
- Ham (cured)
  - Baked
  - Boiled
  - Spiced
  - Virginia Baked

Luncheon Meats

- Beef and Veal
  - Browned Beef Stew
  - Beef Stew with Dumplings
  - Meat Balls with Spaghetti
  - Meat Patties Braised
  - Beef Steak Pie
  - Beef Upside Down Pie
  - Spanish Meat Balls
  - Meat Croquettes
  - Meat Turnovers
  - Chop Suey
  - Chili, Mexican
  - Chow Mein
  - Meat Loaf
  - Creamed Beef
  - Creamed Dried Beef
  - Baked Hash
  - Beef Rolls
  - Beef Ragout
  - Meat Pie
  - Beef Shortcake
  - Stuffed Peppers
  - Hungarian Goulash
  - Italian Spaghetti
  - Shepherds Pie
  - Veal à la King
  - Veal Croquettes
  - Veal Pie
  - Veal Patties
  - Veal Soufflé
  - Veal Stew with Vegetables
  - Creamed Veal in Patty Cases
  - Curried Veal with Rice
  - Ragout of Veal
- Fish
  - Casserole of Rice and Tuna
  - Codfish Balls
  - Creamed Tuna

Dinner or Luncheon Meats

- Chicken
  - and Rice Casserole
  - à la King
  - Creamed
  - Croquettes
  - Cutlets
  - Pie
  - Scalloped
  - Stewed
  - Timbales
  - Turnovers
  - With dumplings
  - With noodles
  - With waffles
  - With biscuits
  - In patty shells
- Fish
  - Baked in Milk
  - Broiled
  - Steamed
  - a la Creole
  - à la Newburg
  - Frog Legs fried
  - Clams creamed
  - Clams scalloped
  - Clams, fried
  - Crab, à la King
  - Crab deviled
  - Lobster, à la Newburg
  - Oysters fried
  - Oysters, scalloped
  - Scallops creamed
  - Scallops fried
  - Scallops and Mushrooms, baked
  - Shrimp Creole
  - Shrimp scalloped
- Ham
  - Ham Loaf
- Lamb
  - Loin Chops
- Pork
  - Spare Ribs with Dressing
- Veal
  - Fricassee

Dinner Meats

- Baked Veal Ham, Apricots
- Ham and Sweet Potato en Casserole
- Fried Ham

Lamb
- Chops
- Roast

Pork
- Baked Ham
- Breaded Pork Tenderloin
- Pork Chops
- Pork Chops deviled
- Pork Chops stuffed
- Roast Pork

Miscellaneous
- Braised Tongue
- Liver and Bacon
- Liver, Braised
- Liver and Onions
- Stuffed Baked Heart
- Mock Drum Sticks
- Flank Steak stuffed

Luncheon Meats

- Creamed Salmon
- Fish Souffle
- Salmon Croquettes
- Salmon Loaf
- Salmon and Potato Chip Casserole
- Tuna and Noodles

Ham
- Creamed Ham
- Creamed Ham and Celery
- Ham à la King
- Ham Croquettes
- Ham Souffle
- Ham Timbales
- Ham and Egg Scallop

Lamb
- Creole Lamb
- Curried Lamb with Rice
- Lamb Fricassee with Noodles
- Lamb Stew

Pork
- Pork and Noodle Ring
- Pork Pie (biscuit)
- Pork Pie (pie crust)
- Sausage Cakes
- Link Sausage Rolls
- Sausage and Dressing
- Rice Sausage and Tomato

Sweetbreads
- Creamed
- Cutlets
- a la King
- Timbales and Ham creamed

Luncheon Dishes

- Cheese Rarebit
- Cheese Balls
- Cheese Croquettes
- Cheese Souffle
- Cheese Fondue
- Macaroni and Cheese
- Scalloped Macaroni
- Creole Spaghetti
- Baked Rice and Cheese
- Spanish Rice
- Rice Croquettes with Cheese Sauce
- Egg Rice Casserole
- Chinese Omelet
- Fried Mush
- Fried Scrapple
- Baked Eggs and Bacon Rings
- Baked Eggs with Cheese
- Curried Eggs
- Creamed Eggs
- Egg Cutlets
- Hot Stuffed Eggs
- Eggs à la King
- Scalloped Eggs and Cheese
- Plain Omelet
- Spanish Omelet
- Fruit Omelet
- Potato Omelet
- Hot Potato Salad
- Vegetable Pie
- Baked Lima Beans
- Baked Navy Beans
- Vegetable Timbales
- Fried Potatoes with Cheese
- Spinach Timbales with Poached Egg
- Mushroom Souffle
- Spoon Bread with Bacon
- French Toast
- Scrambled Egg

MENU PLANNING SUGGESTIONS, LIST II
VEGETABLES

Potatoes or Substitute

- Potatoes Irish
  - Au Gratin
  - Baked
  - Browned in oven
  - Browned in deep fat
  - Buttered
  - Chips
  - Creamed
  - Croquettes
  - Duchess
  - Fried
  - French Fried
  - *Hot Potato Salad*
  - Latticed
  - Lyonnaise
  - *Potato Curls*
  - Potato Cakes
  - O Brien
  - *Potato Omelet*
  - Rissole
  - *Riced*
  - *Scalloped*
  - Spanish
  - Stuffed Baked
- Rice
  - Buttered
  - Creamed
  - Curried
  - Cooked in Broth
  - With Tomato Sauce
- Noodles
  - Cooked in Broth
  - Creamed
  - With Tomato Sauce
- Macaroni
  - Cooked in Broth
  - Creamed
  - With Tomato Sauce
- Spaghetti
  - Cooked in Broth
  - Creamed
  - With Tomato Sauce
- Sweet Potatoes
  - Au Gratin

Other Starchy

- Corn
  - In Cream
  - Balls or Fritters
  - Creole
  - Squaw
  - Scalloped
  - Pudding
  - With Celery and Bacon
  - With Green Pepper Rings
  - Succotash
- *Carrots*
  - Creamed
  - Scalloped
  - *Stuffed*
  - Timbales
  - Molded Ring
  - *O Brien*
- Bananas
  - *French Fried*
  - *Baked*
- Green Peppers
  - Stuffed with Macaroni
  - Stuffed with Corn
- Lima Beans
  - Baked
  - Buttered
  - Creole
- Onions
  - Creamed
  - French Fried
  - Stuffed with Crumbs
  - Stuffed with Baked Beans
- Peas
  - Creamed
  - Scalloped
- Squash
  - Baked
  - Mashed
  - French Fried
  - Baked Stuffed

Green

- Apples
  - Buttered Apple Rings
  - Hot Baked
  - Buttered Sections
- Artichoke
  - With Butter
  - With Mayonnaise
- Asparagus
  - French Fried
  - Buttered
  - With Cream
  - With Hollandaise
  - With Cheese Sauce
  - On Toast
- *Beans, Green*
  - Buttered
  - With Hollandaise
  - *With Cheese*
  - With Tomato Sauce
  - With Celery Strips
- *Beets*
  - Buttered
  - Harvard
  - *Harvard with Raisins*
  - Pickled
- Broccoli
  - Buttered
  - With Cheese Sauce
  - With Hollandaise
- Brussels Sprouts
  - Buttered
  - With Cheese Sauce
  - With Hollandaise
- Cabbage
  - Au Gratin
  - Buttered
  - Polonaise
  - Hot Slaw
- Carrots
  - *Glazed*
  - *Mint Glazed*

VEGETABLES (continued)

Potatoes or Substitute	Other Starchy	Green
Baked Candied Scalloped Fried Glazed Mashed Sweet Potato and Almond Croquettes	Turnips Creamed Scalloped	German Buttered strips Buttered, rounds Buttered, latticed Cauliflower Au Gratin Buttered Creamed French Fried With Hollandaise

OTHER GREEN VEGETABLES

Celery Braised Buttered Celery-Cabbage Buttered Corn on Cob Cucumbers Scalloped French Fried Egg Plant Fried French Fried Scalloped Soufflé Kale Buttered Mustard Greens With Ham Lettuce Stewed with Spanish Sauce Wilted Mushrooms Broiled Creamed Fried Onions Baked Buttered In Cream Stuffed With Spanish Sauce French Fried	Peas Buttered With Hollandaise With Diced Celery Served in Rosettes Parsnips Buttered Cooked in Meat Broth Browned Pineapple Ring Fried Breaded Radishes Raw Buttered Spinach Buttered Molded in Ring with Hard Cooked Egg With Tomato	Squash Baked Baked Half Acorn with Broiled Tomato Mashed French Fried Buttered Tomato Baked Stuffed Broiled with Hollandaise Creole Croquettes Fresh stewed Fried Green Tomatoes fried Grilled Scalloped Tomato and Corn Turnips Buttered In Cream Mashed

MENU PLANNING SUGGESTIONS, LIST III SALADS*

Fruit	Vegetable	Gelatin	Ices	Main Dish
Apple	Asparagus	Apple Nut Gelatin	Apricot	Brown Bean
Balls	Tips with pimiento	Apple-Cheese Gelatin	*Banana*	*Cottage Cheese*
Diced	In green pepper ring	layered	Cherry	Cheese Pea Pickle
Julienne	Bean green	Cabbage Celery in	Cider	Chicken-Celery
Sections	Marinated	tomato jelly	Cranberry	Chicken Celery Ham
Spiced	In combination	Carrot Pineapple	Currant	Chicken Celery Almonds
Apricot	Beet	Carrot Peas Cabbage	*Gooseberry*	*Chicken Celery Peas*
Stuffed with pineapple	Cups	Cheese	Grapefruit	Chicken Celery Veal
With pears	Pickled	Cherry-Olive	Lemon	Crab
In combination	In combination	Chicken	Lime	Egg
Banana	Broccoli	Cranberry	Mint	Stuffed
In combination	With tomato section	Cucumber Pineapple	Orange	with celery
Wedges	Cabbage	Beet	Pineapple	pimiento
Cherries	Shredded	Pickled	Raspberry	green pepper
Stuffed	In combination	In combination	Rhubarb	With tomato
With pear ball	With sugar and vinegar	Fruit Combination	Strawberry	In combination
With peach ball	Carrot	Ginger Ale Fruit	Tomato	Lobster
In combination	Diced raw	Perfection		Macaroni
Cranberry	Strips raw	Prune Orange Sections jellied		Meat
Raw with orange	Rings raw	Spiced Fruit Combination		Potato
With grape and pineapple	Shredded raw	Salmon		Salmon
With applesauce	Cooked and raw	Tomato Aspic Rings		Shrimp
Frozen Fruit	In combination	Tomato-Cheese		Tuna Fish
Fruit combination	Cauliflower	Vegetable Combination		
Grapefruit	Raw with carrots			
Sections	Raw with tomatoes			
In combination	Raw with oranges			
Orange	In combination			
Sections	Celery			
Sliced	Curls			
In combination	Hearts			

Peach	Stuffed			
Halves	In combination			
In combination	Celery Cabbage			
Spiced halves	Shredded			
Pineapple	Corn			
Slices	Relish in cucumber boats			
In combination	Cucumber			
Prune	Cups			
Spiced	Sliced			
Stuffed	Sections			
(*See* Fruit Salad Suggestions)	In combination			
	Lettuce			
	Head lettuce section			
	Head lettuce slices			
	Shredded lettuce			
	With tomato			
	Peas			
	In combination			
	With cheese and pickles			
	Radish			
	Strips			
	Slices			
	In combination			
	Salad Greens			
	Spinach raw			
	Tomato			
	Sliced			
	Sections			
	Stuffed			
	In combination			
	Turnip			
	Watercress			
	(*See* Vegetable Salad Combination)			

* For more detailed salad suggestions see p 192 and p 202
The ices may be used in place of a salad with the dinner course

MENU PLANNING SUGGESTIONS, LIST IV GARNISHES

Yellow-Orange	Red	Green	White	Brown Tan	Black and Miscellaneous
Cheese	Fruit	Fruit	Fruit	Breads	Caviar
Balls	Cherries	Avocado	Apple rings	Tiny biscuits	Chocolate-covered mints
Grated	Cinnamon apples	Cherries	Apple balls	Croustades	Chocolate sprill
Strips	Cranberries	Green plum	Grapefruit sections	Croutons	Chocolate shredded
Piped on with pastry tube	Strawberries	Honeydew melon	Gingered apple	Cheese straws	Chocolate sauce
Egg	Red raspberries	Preserves and Other Sweets	White raisins	Fritters tiny	Dates raw
Sliced hard-cooked eggs	Maraschino cherries	Angelica	White grapes	Noodle rings	Dates spiced
Deviled egg halves	Watermelon cubes	Candied mint leaves	Pear balls	Noodle flowers	Dates stuffed
Hard-cooked egg sections	Watermelon balls	Citron	Pear sections	Toast	Olives ripe
Hard-cooked egg arranged as flowers	Preserves and Other Sweets	Green sugar	Vegetables	Cubes	Prunes
Riced egg yolk	Apple jelly	Gelatin cubes	Cabbage shredded	Points	Prunes spiced
Fruit	Cranberry glacé	Mint jelly	Cauliflowerets	Strips	Pickled walnuts
Apricot halves	Cranberry jelly	Mint pineapple	Celery-Cabbage flowerets	Rings	Raisins
Apricot sections	Cherry jelly	Mints	Celery curls	Waffled	Truffles
Cantaloupe balls	Currant jelly	Turkish paste	Celery hearts	Timbales	Candy silver balls
Grapefruit baskets	Gelatin cubes	Vegetables	Celery strips	Waffles	Cake confetti
Lemon sections	Loganberry jelly	Asparagus tips	Cucumber rings	Cinnamon	
Lemon slices	Raspberry jelly	Broccoli	Cucumber strips	French fried cauliflower	
Orange sections	Red sugar	Brussels sprouts	Cucumber wedges	French fried onions	
Orange slices	Turkish paste	Endive	Cucumber cups	Meringue shells	
Orange rind	Vegetables	Green pepper	Mashed potato piped on with pastry tube	Mushrooms	
Peach slices	Beets pickled cut in fancy shapes	Strips	Onion rings	Nutmeats	
Peach balls	Beet hollowed out to form cup	Chopped	Onions tiny	Nut-covered cheese balls	
		Green onions	Onions pickled	Potato chips	
		Lettuce cups		Rosettes	
		Lettuce shredded			
		Mint leaves			

Peach halves with jelly Spiced peaches Persimmons Tangerines Preserves and Other Sweets Apricot preserves Orange preserves Peach preserves *Peanut brittle* crushed Sugar yellow Sugar orange Turkish paste Vegetables Carrot shredded Carrot strips Carrot rings Carrot cut in fancy shapes Carrot cubes Carrot spiced Squash strips steamed Squash balls steamed Miscellaneous Butter balls Cocoanut tinted Gelatin cubes Mayonnaise	Beet relish Beets julienne Peppers red Rings Strips Shredded Pimiento Chopped Cut in fancy shapes *Radishes* red Sliced Roses Stuffed olives Sliced Tomato Aspic Catsup Cups Chili sauce Sections Slice raw Slice broil Miscellaneous Paprika Tinted cocoanut Mayonnaise tinted Cinnamon drops red hots	Olives Parsley Sprig Chopped Pickles *Burr gherkins* Strips Fans Rings Spinach leaves Miscellaneous Cocoanut tinted Mayonnaise tinted Pistachios	Radishes white Miscellaneous Sliced hard cooked egg white Shredded cocoanut Marshmallows Almonds Mints Small dumplings Whipped cream Rice Powdered sugar White meat of chicken	Toasted cocoanut	

MENU PLANNING SUGGESTIONS LIST V DESSERTS

Cake and Cookies	Pie and Pastry	Puddings	Frozen	Miscellaneous
Cake	One Crust	Apple Dumplings	Bisque	Cheese
Angel Food	Apricot Cream	Apricot Bavarian	Almond	American
Applesauce	Banana Cream	Apricot Whip	Pistachio	Camembert
Apricot upside down	Butterscotch	Apple Brown Betty	Walnut	Cheddar
Banana	Caramel	Apple Tapioca	Ice cream	Cottage
Burnt Sugar	Cherry Cream	Apple Snow	Apricot	Cream
Caramel	Chocolate Chiffon	Baked Custard	Banana	Gruyere
Caramel Nut	Cocoanut Cream	Caramel	Butter Brickle	Roquefort
Chocolate Angel Food	Cocoanut Custard	Coffee	Caramel	Stilton
Chocolate Chip	Custard	Chocolate	Chip Chocolate	Swiss
Chocolate layer	Date Custard	Date	Chocolate	Fruit Baked
Chocolate loaf	Deep Dish Apple	Pumpkin	Coffee	Apples
Chocolate nut	Lemon Fluff	Plain	Grapenut	Pears
Chocolate roll	Orange Cream	Rice	Lemon Custard	Dutch Baked Apple
Cocoanut	Pecan Cream	Banana Whip	Macaroon	Fresh Stewed
Coffee Walnut	Pineapple Cream	Boston Cream Roll	Peach	Apples
Cup Cakes	Pumpkin	Bread Pudding	Peanut Brittle	Apricots
Fruit	Pumpkin Chiffon	Chocolate	Pecan	Blackberry
Fudge	Squash	Nut Bread	Peppermint Stick	Cherries
Gingerbread	Strawberry	Orange	Philadelphia	Dewberries
Golden Angel Food	Bavarian Cream	Vanilla	Pineapple	Figs
Jelly Roll	Vanilla Cream	Caramel Tapioca	Pistachio	Grapes
Maple-Nut	Vinegar	Cherry Bavarian	Prune	Loganberries
Marble	Two Crust	Cherry Tapioca	Raspberry	Peaches
Marshmallow	Apple	Chocolate Cream Pudding	Strawberry	Pears
Mocha	Apricot	Christmas Pudding	Toffee	Pineapple
Nut	Blackberry	Cornstarch	Tutti Frutti	Plums
Poppy seed	Blueberry	Caramel	Ice	Raspberries
Ribbon	Cherry	Chocolate	Apricot	Rhubarb
Spice	Cranberry	Cocoanut	Cherry	Strawberries
Sponge	Gooseberry	Date	Cranberry	Stewed or Canned
White	Grape		Crème de Menthe	Apples
Yellow	Loganberry		Gooseberry	Apricots
Cookies	Mince Meat		Grape	Blackberries
Brownies	Peach			
	Pineapple			

Brokaw Ice Box	Plum	Maple	Green Gage Plum	Blueberries
Butterscotch	Prune	Nut	Ginger Ale	Cherries
Chocolate Crunch	Raisin	Strawberry	Lemon	Dewberries
Cocoanut Cookies	Rhubarb	Vanilla	Lime	Figs
Cocoanut Macaroons	Strawberry	Cottage	Mint	Gooseberries
Cornflake Kisses	Cobblers	Cream Puffs	Orange	Grapes
Date bars	Apple	Dainty Rice Pudding	Raspberry	Huckleberries
Drop Cookies	Apricot	Date Pudding	Rhubarb	Loganberries
Fudge	Berry	Date Roll	Mousse	Peaches
Molasses	Cherry	Divinity Pudding	Bisque	Pears
Oatmeal	Gooseberry	Fruit Gelatin	Chocolate	Pineapple
Rocks	Peach	Fruit Tapioca	Grape	Plum
Ginger	Plum	Graham Cracker Betty	Maple	Prunes
Krispie Marshmallow	Rhubarb	Graham Cracker Pie	Strawberry	Raspberries
Squares	Gelatin	Ice Box Cake	Parfait	Rhubarb
Ice Cream Wafers	Apricot Chiffon	Junket	Angel	Strawberries
Nut Marbles	Chocolate Cream	Lemon Snow	Apricot	Raw Fruit
Oatmeal Cookies	Chocolate Sundae	Marshmallow Pudding	Bar le Duc	Apples
Peanut Butter	Coffee Chiffon	Meringue Shells	Caramel	Bananas
Plain Cookies	Lemon Chiffon	Norwegian Prune Pudding	Chocolate	Blackberries
(fancy shapes)	Orange Chiffon	Oatmeal Bars	Coffee	Blueberries
	Pumpkin Chiffon	Old English Apple Pie	Pineapple	Cherries
	Strawberry Chiffon	Pineapple Bavarian	Strawberry	Dewberries
	Tarts and Individual Pies	Prune Whip	Sherbet	Figs
	Apple	Raspberry Whip	Apricot	Grapefruit
	Apricot (fresh)	Rice Pudding	Cherry	Grapes
	Banbury	Shortcake	Cranberry	Loganberries
	Blackberry	Steamed Pudding	Gooseberry	Melon
	Blueberry	Zweibach Cheese Cake	Grape	Cantaloupe
	Cherry		Lemon	Casaba
	Lemon		Lime	Honeydew
	Mince Meat		Mint	Watermelon
	Orange		Pineapple	Oranges
	Strawberry		Plum	Peaches
	Transparent Pudding		Orange	Pears
			Raspberry	Pineapple
			Rhubarb	Plums
			Sorbet	Prunes
				Raspberries
				Strawberries

themselves into the following classifications soups hot dishes, vegetables, salads, beverages, sandwiches, breads, and desserts The following is a suggested list of suitable foods which may be served

Soups

Cream of tomato, cream of spinach cream of potato corn chowder split pea vegetable

Hot Dishes

Creole spaghetti Spanish rice creamed chipped beef stuffed tomatoes with ham vegetable stew, noodles and stew cottage pie, shepherds pie scalloped salmon macaroni and cheese baked Lima beans scalloped corn and bacon baked beans scalloped potatoes and ham scrambled bacon and eggs macaroni a la king

Vegetables

Peas carrots green and wax beans beets spinach, tomatoes cabbage asparagus corn potatoes These various vegetables may be creamed buttered or scalloped to offer variety

Salads

Fruit Salads Peach pear pineapple orange, and apple apple pineapple and marshmallow Waldorf stuffed prune apple and banana banana and nut apple, grape and banana raisin and carrot raw cranberry combination salad grapefruit

Vegetable Salads Sliced tomato head lettuce stuffed celery vegetable combination spring salad stuffed tomato carrot and celery cole slaw cabbage and pineapple asparagus

Heavy Salads Kidney bean potato cottage cheese deviled eggs potato and egg salmon

Gelatin Salads Perfection jellied Waldorf pineapple carrot jellied fruit jellied vegetable

Sandwiches

Cold meat ground meats moistened with salad dressings cottage cheese and nut pimiento cheese lettuce and tomato nut bread chicken salad peanut butter and raisin raisin and date date and nut egg and bacon egg and celery rye bread and jelly prune and cottage cheese peanut butter and cheese

Desserts

Tapioca Caramel tapioca tapioca cream tapioca with fruit chocolate

Puddings Dainty rice custard bread divinity caramel blanc mange Brown Betty

Fruit Fruit ambrosia orange banana coconut combination fruit cup stuffed dates baked apples prune souffle raw fruit

Gelatin Fruit gelatin fruit whip Bavarians

Pastry Washington pie cottage pudding chocolate cup cakes cherry cakes, cream puffs cake delight cobblers cookies, jelly roll gingerbread upside down cake pastry

BEVERAGES

Chocolate and plain milk malted milks cocoa tomato juice fruit juices

West and Wood suggest an eight day cycle of menu planning as an efficient means of securing meals of maximum interest and economy in the school lunch room if the director has but little time to devote to the menu planning Provision in such a plan should of course be made for the use of seasonal foods for the use of left over foods and for meals for special occasions

The menus on the following page planned on an eight day cycle, may be found to provide with the desirable changes satisfactory daily menus for a small school lunch

College Commons The college commons presents one of the most interesting but difficult menu making problems of all the types of services included in the simpler meal services The factors which contribute to the complications are

1 Faculty and students are both served from one menu

2 The food is usually sold at a low cost

3 The food must meet nutritional needs yet also offer variety

4 A major part of food preparation may be in hands of inexperienced student help

5 There is often an unexpectedly small volume of business and an attendant problem of left overs

6 The uncertainty of numbers complicates the food cost control

An eleven day cycle similar to the eight day cycle suggested for the school lunch room might be of value in some situations However the problem of the use of left overs and the desirability of the inclusion of seasonable foods available on the market lead many directors to plan for periods as brief as one week

ꞏD SCHOOL LUNCH ROOM MENUS FOR AN EIGHT-DAY CYCLE*

S p		Cor Ch der	P pper Pot	Cre m of Celery	Noodl	Cre m of T m	V ge bl	Cre m of Sp ach
M t or Main D h		Scall ped Eggs	M car i and Cheese	Meat P tt es—B Sa ce	B ked L m Be	M t Roll	Sp h R ce	S ffed P pper
V getabl	Buttered Carrot Baked Potato	Buttered C bb ge B ed P s	B ttered Apple Celery Curls	Mashed Po at e B te ed Spi ch	Ma édo e f V ge t bl Gla ed Sweet Pot t	C med P t toes Germ Car s	Swee Po t P ff B tered Gree Be s	St wed Tomatoes Mashed P t toes
S l d	H d Lettuce P Comb V ge t b	P pple-Chee e P	Tom to St ffed Egg	F G l t Car Rai	Cra berry S ffed Celery	Stuffed P e Perfec	App e-Celery Cott ge Cheese	Pe ch Cabb ge
Des ert F	Apples w	F t C p	Ste ed P es	B ked Apple	Can ed Pea hes	Or ge C p	Sl ed B an	R l A e Cherr es
P dd g	Choc l te Cr m P dd g	D tv P dd g	Coc t Bl M ge	Ap cot T p oc	B ked Cust d	Br w Betty	Cher y Wh p	T p oc Cre m
P st y Ice C m	P pp seed Cake	Cherry Cobbler	Pumpk P e	G gerbr d	Choc l te R ll	O m l Cook es	Do gh t	F dge Cak
Bread	Wh l Wh Wh e	Wh l Wh R	Cracked Wh t Wh e	Ry R ll	D te Bread Wh te	Wh le Wh t Wh	Wh l Wheat M ff s	Cr ked Wh Wh
Sand hes	Egg Sal d Le	Pe t B ter d J lly H m S l d	R N t Sard ne	D te-N t Cheese	N t B ead M S l d	Celery N Egg P ckl	Or ge Bre d H m S l d	T F h G ed Car t N t
Pl Lunch	Cr med Ch pped Beef Baked P C b Vege bl Sal d Br d Be er ge	C w Ch wder B ered Peas P pp e-Cheese Sal d B ad Be er ge	M caron d Cheese T m S l d Pumpk P e Bread Be er ge	M P t es—Br S ce B ered Sp ch G g bre d Br d Be er ge	B ked Lim Be M éd ne f V ge t bles H d Le ce S l d Bre d Be er g	M R ll Cr ed P toes Or g C p Br d Be er ge	Sp h R e App e-Ce er S l d Sl ed Ba Bread Be er ge	S ffed P pper P h S l d F dg C k B d Be er g

Beverag M k

MENUS FOR A COLLEGE COMMONS*

MONDAY BREAKFAST

	Week I	*Week II*
Fruit	Orange Juice	Orange Juice
	Cantaloupe	Tomato Juice
	Pears (Canned)	Grapefruit
	Stewed Prunes	Peaches (Canned)
Hot Cereal	Wheatena	Rolled Oats
Prepared Cereal	Assorted	Assorted
Hot Bread	Blackberry Muffins	Cinnamon Rolls
Beverages	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Bacon	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly

MONDAY LUNCHEON

	Week I	*Week II*
Hot Bread	Plain Pan Rolls	Baking Powder Biscuits
Soup	Cream of Vegetable	Consomme julienne
Meat	Roast Veal	Cheese Souffle
	Ham a la King	Meat Loaf
	Chinese Omelet	Baked Ham
Potatoes	Browned Potatoes	Mashed Potatoes
Vegetables	Buttered Asparagus	Creamed Fresh Peas and Mushrooms
	Glazed Carrots	Buttered Carrots and Celery
	Buttered Green Beans	Buttered Cauliflower
	Egg Plant Soufflé	Fried Egg Plant
Salads	Cole Slaw	Stuffed Apricot
	Tomato Cucumber	Diced Banana Pineapple Pear
	Pineapple Pickle Gelatin	Beet Cucumber Pickles Relish
	Banana Nut	Cabbage Peanuts and Pimientos
Cake	Angel Food	Prune Cake—Sour Cream Filling
Pies	Caramel	Green Gage Plum
	Apple	Orange Chiffon
Other	Cherry Tapioca	Marshmallow Pudding
Desserts	Iced Cantaloupe	Berry Cobbler

* The following items are always available Whole Wheat Bread Cracked Wheat Bread White Bread Cottage Cheese Lettuce Ice Cream Coffee Tea and Milk

MENUS FOR A COLLEGE COMMONS (*continued*)

Monday Dinner

	Week I	Week II
Hot Bread	Poppyseed Rolls	Graham Muffins
Soup	Barley	Split Pea
Meat	Welsh Rarebit	Lamb Chops
	Beef Pie	Stuffed Flank Steak
	Pork Cutlets	Creole Spaghetti
Potatoes	Mashed Potatoes	Browned Potatoes
Vegetables	Spiced Apple Sauce	Scalloped Cucumbers with Tomatoes Green Pepper and Onions
	Mashed Summer Squash	Wilted Spinach
	Baked Tomato	Buttered Green Beans
	Buttered Cauliflower	Whole Grain Corn
Salads	Carrot Raisin	Sliced Orange—Onion Ring
	Vegetable Combination	Pineapple with Cheese
	Stuffed Pear	Perfection
	Frozen Fruit	Carrot Cocoanut
Cake	Fudge Cake—Ice Cream Frosting	Yellow Sponge
Pies	Lemon	Peach
	Apricot	Cream
Other Desserts	Graham Cracker Brown Betty	Brownies
	Stewed Figs	Cherry Tapioca
		Pears

Tuesday Breakfast

	Week I	Week II
Fruit	Orange Juice	Orange Juice
	Grapefruit	Cantaloupe
	Figs	*Prunes*
	Stewed Dried Apricots	Pears
Hot Cereal	Rolled Oats	Cream of Wheat
Prepared Cereal	Assorted	Assorted
Hot Bread	Baking Powder Biscuits	Filled Biscuits
Beverages	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Bacon	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly

MENUS FOR A COLLEGE COMMONS (*continued*)

Wednesday Breakfast

	Week I	*Week II*
Fruit	Orange Juice	Orange Juice
	Bananas	Bananas
	Green applesauce	Grapes fresh
	Sliced Orange	Raspberries (canned)
Hot Cereal	Cream of Wheat	Wheat Grits
Prepared Cereal	Assorted	Assorted
Hot Bread	Whole Wheat Muffins	Pecan Rolls
Beverages	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Ham	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly

Wednesday Luncheon

	Week I	*Week II*
Hot Bread	All Bran Rolls	Caramel Rolls
Soup	Potato	Vegetable
Meat	Sweetbread Cutlets	Braised Tongue
	Country Fried Steak	Beef Croquettes
	Vegetable Pie	Ham and Egg Scallop
Potatoes	Mashed Potatoes	Mashed Potatoes
Vegetables	Buttered Apple Sections	Green Beans with Hot Vegetable Sauce
	Buttered Cabbage	Harvard Beets
	Stewed Tomato and Corn	Buttered Squash (baked)
	Lima Beans in Cream	Cabbage Polynnaise
Salads	Celery Carrot Strips	Peas and Tomato Sections
	Spiced Beet	Banana Nut
	Combination Fruit	Corn Pimiento Celery Pickle
	Sliced Pineapple	Cauliflower Olive Carrot Peas
Cake	Prune Cake—Sour Cream Filling	Ribbon Cake
Pie	Custard	Raisin
	Plum	Butterscotch
Other Desserts	Divinity Pudding	Baked Custard
	Fresh Bing Cherries	Graham Cracker Betty

MENUS FOR A COLLEGE COMMONS (*continued*)

Wednesday Dinner

	Week I	*Week II*
Hot Bread	Blackberry Muffins	Nut Bread
Soup	Celery	Broth with Alphabets
Meat	Pot Roast of Veal	Roast Veal
	Beef Patties	Chop Suey
	Potato Omelet	Meat Turnovers
Potatoes	Creamed Potatoes	Oven Browned Potatoes
Vegetables	Creamed Asparagus	Scalloped Egg Plant
	Fried Egg Plant	Buttered Turnips
	Stewed Tomatoes	Corn and Tomatoes in Cream
	Scalloped Peas and Onions	German Carrots
Salads	Radishes	Spiced Peach
	Lettuce Hearts—Thousand Island Dressing	Grapefruit Green Pepper
		Cabbage Salad—Vinegar Dressing
	Pineapple Cheese	Pineapple Pickle Gelatin
	Orange and Fig	
Cake	White Cake—Nut Frosting	Maple Nut Cake—Mocha Frosting
Pie	Chocolate	Loganberry
	Peach	Angel Lemon
Other Desserts	Apricot Bavarian	Fig Mousse
	Grapefruit Halves	Jelly Roll

Thursday Breakfast

	Week I	*Week II*
Fruit	Orange Juice	Orange Juice
	Honeydew Melon	Oranges and Bananas
	Pears	Figs
	Cherries	Fresh Pineapple
Hot Cereal	Cracked Wheat	Hominy Grits
Prepared Cereal	*Assorted*	*Assorted*
Hot Bread	Cinnamon Roll	Plain Muffins
Beverage	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Bacon	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly

MENUS FOR A COLLEGE COMMONS (*continued*)

Thursday Luncheon

	Week I	*Week II*
Hot Bread	Baking Powder Biscuits	Spiced Muffins
Soup	Asparagus	Rice
Meat	Chicken Pie	Swiss Steak
	Stuffed Peppers	Veal a la King
	Casserole of Corn	Baked Lima Beans with Salt Pork
Potatoes	Mashed Potatoes	Steamed and Browned Potatoes
Vegetables	Buttered Cauliflower	Baked Stuffed Onions
	Buttered Squash	Buttered Peas
	Carrots in Cream	Steamed Tomatoes
	Green Beans with Hot Vegetable Sauce	Wilted Leaf Lettuce
Salads	Tomato Aspic Ring	Peas Pineapple Apricots—Whipped Cream Dressing
	Combination Fresh Vegetable	Banana Nut
	Perfection	Spiced Beet
	Apple Celery	Carrot Celery Cucumber and Green Pepper Strips
Cake	Orange Sponge	White Cake—Caramel Frosting
Pie	Cream	Gooseberry
	Raisin	Cocoanut Cream
Other Desserts	Lemon Snow	Baked Apple Tapioca
	Watermelon	Ice Box Cake
		Cherries

Thursday Dinner

	Week I	*Week II*
Hot Bread	Baked Brown Bread	All Bran Ice Box Rolls
Soup	Bouillon	Cream of Tomato
Meat	Broiled Tenderloin Tips	Roast Pork
	Vegetable Meat Loaf	Stuffed Green Peppers
	Link Sausage Rolls	Baked Eggs with Cheese
Potatoes	Scalloped Potatoes	Creamed Potatoes
Vegetables	Cabbage Polynnaise	Baked Squash
	Spinach with Sliced New Beets	Buttered Shredded Beets
	Hot Baked Apple	Buttered Cabbage
	Buttered Squash	Black eyed Peas with Bacon
Salads	Raw Cauliflower Carrot	Marshmallow Fruit
	Shredded Lettuce with Egg Dressing	Combination Fresh Fruit
	Peach with Whipped Cream Dressing	Pea Celery and Carrot Mounds
	Tomato Cucumber Pineapple	Head Lettuce Roquefort Cheese
Cake	Ribbon Cake—Fluffy Frosting	Gingerbread
Pies	Butterscotch	Cherry
	Raspberry	Chocolate Chiffon
Other Desserts	Dainty Rice Pudding	Blueberry Tarts
	Stewed Prunes	Tapioca Cream Pudding
		Cantaloupe

MENUS FOR A COLLEGE COMMONS (*continued*)

Friday Dinner

	Week I	*Week II*
Hot Bread	Plain Rolls	Plain Rolls
Soup	Oyster Stew	Vermicelli Broth
Meat	Veal Birds	Fried Ham
	Baked White Fish	Lamb Chops
		Salmon Timbales
Potatoes	Spanish Rice	Scalloped Potatoes
	Mashed Potatoes	French Fried Bananas
Vegetables	Buttered Asparagus	Scalloped Peas
	Harvard Beets	Stewed Tomatoes
	Creamed Onions	Buttered Spinach
	Buttered Green Beans	
Salads	Cauliflower Pea Celery	Pineapple Celery Almond
	Spring Salad	Cantaloupe Ring—Melon Balls
	Orange and Green Pepper	Endive and Julienne Beets
	Pear Banana Pineapple	Carrot and Asparagus Tips
Cake	Burnt Sugar	Orange Cup Cakes
Pie	Orange Chiffon	Green Gage Plum
	Apple	Lemon
Other Desserts	Caramel Tapioca	Divinity Pudding
	Fresh Pineapple Shredded	Jellied Fruit

Saturday Breakfast

	Week I	*Week II*
Fruit	Orange Juice	Orange Juice
	Cantaloupe	Sliced Peaches
	Sliced Pineapple	Applesauce
	Banana	Pineapple
Hot Cereal	Rolled Oats	Steamed Rice
Prepared Cereal	Assorted	Assorted
Hot Bread	Raisin Toast	Doughnuts
Beverage	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Bacon	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly

MENUS FOR A COLLEGE COMMONS (*continued*)

SATURDAY LUNCHEON

	Week I	*Week II*
Hot Bread	Nut Muffins	Cinnamon Rolls
Soup	Split Pea	Chicken
Meat	Baked Heart	Creamed Chicken—Waffles
	Stuffed Meat Cakes	Beef Pie
	Creamed Dried Beef	Egg Cutlets
Potatoes	Hashed Brown Potatoes	Steamed Potatoes
Vegetables	Hot Slaw	Vegetable Timbales
	Buttered Green Beans	Buttered Carrot Strips
	Stewed Tomatoes	Green Pepper stuffed with Spanish Rice
	Vegetable Timbales	Buttered Green Beans
Salads	Asparagus Watercress	Banana and Orange Sections
	Pickled Beets	Molded Cheese Ring with Fruit
	Cheese Gelatin	Turnip Salad
	Apple Nut Gelatin	Stuffed Tomatoes
Cake	Cup Cakes—Fluffy Frosting	White Cake—Fig Filling
Pie	Chocolate Gelatin	Youngberry
	Apricot	Chocolate
Other	Norwegian Prune Pudding	Caramel Tapioca
Desserts	Sliced Oranges	Cream Puffs

SATURDAY DINNER

	Week I	*Week II*
Hot Bread	Oatmeal Biscuits	Biscuits
Soup	Pepper Pot	Navy Bean
Meat	Corned Beef	Spanish Steak
	Meat Pie	Savory Meat Loaf
	Baked Beans	Creamed Dried Beef and Egg
Potatoes	Parsley Buttered Potatoes	Mashed Potatoes
Vegetables	Buttered Shredded Cabbage	Squash (baked) with Tomatoes
	Creamed Asparagus	Creamed Onions with Pimiento
	Buttered Green Beans	Spinach with Hard cooked Egg Slices
	Mashed Squash	Succotash
Salads	Carrot Cocoanut	Fresh Pineapple—White Grapes
	Pea Pickle Cheese	Apricot
	Stuffed Grape and Olive	Egg Celery
	Sliced Pineapple	Cabbage spice
Cake	Golden Cake—Orange Filling	Ice Box Cookies
Pie	Pecan	Blackberry
		Sour Cream
Other	Jellied Fruit Cup	Chocolate Soufflé
Desserts	Peach Halves	Jelly Roll

The Residence Hall Menu The daily menu in the residence hall must be adequate to meet the nutritional needs of the residents The number to be served is fairly constant so amounts may be care

fully planned resulting in little or no waste Although there are many halls that still serve a fixed or complete meal three times a day others are finding the use of selective menus for breakfast, or lunch or both, popular and advantageous In this case the selective menus are simplified cafeteria menus and cafeteria style of service is used for breakfast and lunch, and a more formal type of service for dinner

MENUS FOR A WOMEN S RESIDENCE HALL

Monday Breakfast

Week I	*Week II*
Stewed Rhubarb	Sliced Oranges
Bacon Rings	Milk Toast
Buttered Toast	Poached Eggs
Wheat Krispies	Cornflakes
Coffee or Cocoa	Coffee or Cocoa

Monday Luncheon

Spanish Rice	Baked Lima Beans with Salt Pork and Pimiento
Raw Vegetable Salad	Cole Slaw
Bran Muffins	Green Pepper Ring
Banana Whip	Cornmeal Muffins
Wafers	Tapioca Cream
Milk	Milk

Monday Dinner

Roast Leg of Veal	Vegetable Meat Loaf
Browned Potatoes	Scalloped Potatoes
Creamed Shredded Cabbage	Spiced Peach
Orange Salad	Buttered Peas
Angel Food Pie	Whole Wheat Bread
Coffee or Milk	Date Torte with Whipped Cream
	Coffee or Milk

Tuesday Breakfast

Baked Apple and Raisins	Grapefruit
Broiled Link Sausages	Bacon
Cinnamon or Plain Toast	Plain Muffins
Dwarfies	Bran Flakes
Coffee or Cocoa	Coffee or Cocoa

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

Tuesday Luncheon

Week I	*Week II*
Baked Eggs with Cheese	Creamed Dried Beef with Rice
Head Lettuce Parisian Dressing	Raw Vegetable Salad Bowl
Whole Wheat Rolls	Whole Wheat Raisin Bread
Fresh Pineapple	Chocolate Pie
Drop Cookies	Milk
Milk	

Tuesday Dinner

Braised Liver with Onions	Roast Pork—Gravy
Parsley Buttered Potatoes	Spiced Apple Salad
Harvard Beets	Mashed Potatoes
Stuffed Celery	Buttered Wax Beans
Ice Cream with Oriental Sauce	Frosted Strawberry Short Cake
Coffee or Milk	Coffee or Milk

Wednesday Breakfast

Oranges	Bananas
Scrambled Eggs	Doughnuts
Toast	Krumbles
Shredded Wheat Biscuits	Coffee or Cocoa
Coffee or Cocoa	

Wednesday Luncheon

Tamale Pie	Meat Croquettes
Cabbage Slaw	Dill Pickle
Rye Bread	Creamed Peas
Dutch Apple Cake	Biscuits
Milk	Pears Wafers
	Milk

Wednesday Dinner

Broiled Ham	Braised Beef Tongue
Breaded Pineapple Slice	Browned Potatoes
Scalloped Potatoes	Fresh Asparagus—Drawn Butter
Raw Spinach Salad Chiffonade Dressing	Carrot Salad
Whole Wheat Pan Rolls	Plain Rolls
Lemon Ice Box Cake	Marshmallow Pudding
Coffee or Milk	Coffee or Milk

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

Thursday Breakfast

Week I	*Week II*
Stewed Prunes	Tomato Juice
Fried Scrapple	Bacon
Puffed Wheat	Toast
Coffee or Cocoa	Cream of Wheat with Dates
	Coffee or Cocoa

Thursday Luncheon

Rice Croquettes with Cheese Sauce	Stuffed Egg
Beet and Celery Salad	Baked Potatoes
Whole Wheat Bread	Philadelphia Relish
Fruit Cup	Cucumber Butter Sandwiches
Plain Cake	Blanc Mange with Cream
Milk	Milk

Thursday Dinner
(Guest Night)

Filet Mignon—Mushrooms	Spanish Steak
Stuffed Baked Potatoes	Mashed Potatoes
Buttered New Asparagus	Frosted Peas
Chiffonade Salad	Waldorf Salad
Parkerhouse Rolls	Hot Cinnamon Twists
Blueberry Tarts	Cream Puffs with Ice Cream
Coffee or Milk	Coffee or Milk

Friday Breakfast

Grape Fruit	Stewed Dried Apricots
Biscuits	Muffins
Scrambled Eggs	Jam
Krumbles	Krispies
Coffee or Cocoa	Coffee or Cocoa

Friday Luncheon

Tuna a la King	Cheese Souffle
Lettuce Salad	French Fried Potatoes
Nut Bread	Raw Spinach Salad
Dainty Rice Pudding	Cracked Wheat Bread
Milk	Fruit Cup
	Milk

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

Friday Dinner

Week I	*Week II*
Baked Salmon—Lemon	Baked Halibut
Creamed Parsley Potatoes	Mustard Sauce
Buttered Peas	Scalloped Tomatoes
Emerald Salad	Parsley Buttered Potatoes
Potato Bread	Pineapple Salad
Apricot Sherbet	Whole Wheat Biscuit
Wafers	Date Pudding
Coffee or Milk	Whipped Cream
	Coffee or Milk

Saturday Breakfast

Week I	*Week II*
Tomato Juice	Grapefruit
Creamed Beef on Toast	Rolled Oats
Bran Flakes	Pecan Rolls
Coffee or Cocoa	Coffee or Cocoa

Saturday Luncheon

Week I	*Week II*
Spaghetti and Celery Salad	Potato Omelet
Buttered Carrots	Buttered String Beans
Vienna Rolls	Radishes
Peaches	Pan Rolls
Cookies	Hot Norwegian Prune Pudding
Milk	Milk

Saturday Dinner

Week I	*Week II*
Saratoga Chops	Beef Stew with Dumplings
Mashed Potatoes	(Vegetables cooked with Stew Onions Carrots Turnips Potatoes)
Buttered String Beans	Cole Slaw with Sour Cream Dressing
Cucumber Salad	Hard Rolls
Ice Box Rolls	Boston Cream Roll
Currant Jelly	Coffee or Milk
Chocolate Cream Cake	
Coffee or Milk	

Sunday Breakfast

Week I	*Week II*
Grapefruit	Combination Fruit Bananas Pineapple Oranges
Bacon Rolls	Pancakes
Jelly	Sirup
Pettijohns	Puffed Wheat
Coffee or Cocoa	Coffee or Cocoa

MENUS FOR A WOMEN'S RESIDENCE HALL *(continued)*

SUNDAY DINNER

Week I

Bouillon with Whipped Cream
Rolled Rib Roast
Cucumber Slices
Mashed Potatoes
Brown Gravy
Buttered Celery Hearts
Grapefruit Section Salad
Cloverleaf Rolls
Peanut Brittle Fluff
Coffee

Week II

Pineapple Mint Cocktail
Fricasseed Chicken
Gravy
Rice Timbales
Glazed Carrots
Olives
Head Lettuce with Roquefort Cheese Dressing
Parkerhouse Rolls
Graham Cracker Pie
Coffee

SUNDAY EVENING MEAL

Buffet Service

Chicken Salad
Waffled Potatoes
Bread and Butter Sandwiches
Pecan Pie
Lemonade

Picnic Lunch

Cottage Cheese Salad in Cups
Meat Sandwiches
Celery Hearts
Picnic Oranges
Chocolate Cup Cakes

SPECIAL DINNERS FOR RESIDENCE HALLS

Thanksgiving Dinner

Consomme
Toast Ring with Parmesan Cheese Garnish
Celery and Olives

Roast Turkey Brown Rice and Almond Stuffing
Giblet Gravy
Brussels Sprouts Mashed Hubbard Squash
Cranberry Ice Ice Box Rolls

Mince Meat Tarts with Hard Sauce
Coffee

Christmas Dinner

Iced Tomato Juice

Roast Duck with Chestnut Stuffing
Scalloped Sweet Potatoes and Apples Broccoli
Lettuce Hearts with Roquefort Dressing Cranberry Jelly
All Bran Rolls
Celery and Olives

Pumpkin Chiffon Pie Whipped Cream
Coffee

Tea Room Menus Menu planning for a tea room has much in common with menu planning for special occasions Consideration must be given the ten basic points of successful meal planning and, in addition, provision must be made to emphasize some one or more dishes for which the tea room is or may become noted One tea room always includes in its menus orange rolls, justly popular Another always includes a favorite salad bowl and a third provides at each luncheon and dinner an opportunity for the guests to have ice cream with a famous chocolate sauce Repetition of these items leads to heightened satisfaction of the clientele rather than to boredom Effective use may be made of the featuring of certain foods on certain days as for example chicken and waffles on Monday night and baked beans and cod fish balls on Saturday night However, the use of features should be restricted so that the menu does not become limited by the routine established One may go to Ye Rocking Horse Inn some one night each week happy in knowing what the menu will be Such satisfaction passes if a definitely known menu is established and maintained for each night of the week

In general tea room prices are higher than those charged in cafeterias and cafes This difference in price cannot be regarded as an increase in profit margin as the guests usually demand highly palatable food an atmosphere of charm and interest and daintiness and attractiveness in the service Usually the menu offered on any one day is restricted to a limited number of choices often in two or more price levels but it is expected that the menu will vary markedly from day to day so that interest may be maintained

The following menus have been successfully used in one small tea room In the spring and fall respectively they show the differences in dishes characterizing menus popular in certain seasons as well as the differences made in any one day in menus one of which is offered at a cost fifty per cent greater than the other In these lists the more expensive dinners appear in Menu No I the less expensive in Menu No II

TEA ROOM MENUS FOR SPRINGTIME

MENU NO 1

Monday (May Day)
Broiled Minute Steaks
French Fried Potatoes Grilled Tomatoes
Iceberg Lettuce Chiffonade Dressing
Butter Buns
Meringue Shell Baskets with Ice Cream
(Tiny Colored Candies)
or
Hot Chocolate Sundae
Beverage

Tuesday
Chicken Turnovers
Creamed New Potatoes Pickled Peach
Buttered Carrots
Spring Salad French Dressing
Honey Bran Muffins
Rhubarb Sauce Cookies
or
Chocolate Sundae
Beverage

Wednesday
Baked Ham Mustard Sauce
Scalloped Potatoes Buttered Broccoli
Filled Cucumber Salad Cream Dressing
Baking Powder Biscuits
Fresh Strawberry Bavarian Cream Pie
or
Hot Chocolate Sundae
Beverage

Thursday
Broiled Lamb Chops Kentucky Lamb Sauce
Franconia Potatoes Buttered Fresh Peas
Spiced Fruit Salad
Poppyseed Rolls
Green Apple Pie
or
Hot Chocolate Sundae
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)

Friday

Baked Fish Fillets Piquante Sauce
Lemon Parsley Buttered Potatoes Fresh Asparagus
Julienne Vegetable Salad French Dressing
All Bran Twin Rolls
Chilled Fresh Fruit Cup
or
Hot Chocolate Sundae
Beverage

MENU NO II

Monday (May Day)

Ham and Egg Scallop
Baby Lima Beans Raw Carrot Strips
Pineapple Celery Salad
Plain Rolls
Washington Cream Pie
Beverage

Tuesday

Cheese Souffle Bechamel Sauce
Buttered Fresh Spinach Apple Ring Garnish
Perfection Salad
Blueberry Muffins Preserves
Cherry Pie
Beverage

Wednesday

Egg and Mushroom Casserole
Buttered New Asparagus German Carrots
Romaine Salad French Dressing
Baking Powder Biscuits
Chilled Fruit Cup
Beverage

Thursday

Assorted Cold Meat Spiced Apricot Garnish
Creamed New Potatoes
Combination Vegetable Salad
Poppyseed Rolls
Caramel Tapioca Whipped Cream
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)

Friday

Salmon and Potato Chip Casserole
Buttered Green Beans Watermelon Pickles
Citrus Fruit Salad
All Bran Twin Rolls
Strawberries Cookies
Beverage

TEA ROOM MENUS FOR FALL

MENU NO 1

Monday

Stuffed Pork Chops
Sweet Potatoes and Apples en Casserole
Buttered Cauliflower
Lettuce Hearts Thousand Island Dressing
Orange Rolls
Frozen Fruit Dessert Wafers
or
Hot Chocolate Sundae
Beverage

Tuesday

Broiled Steak Celery Curls
Whole Grain Corn Baked Tomato
Grapefruit Section Salad French Dressing
Cinnamon Rolls
Ice Box Cake
or
Hot Chocolate Sundae
Beverage

Wednesday

Breaded Veal Cutlets Orange Garnish
Parsley Buttered Potatoes Stuffed Baked Onion
Frozen Fruit Salad
Butterhorn Rolls
Poppyseed Cake
or
Hot Chocolate Sundae
Beverage

TEA ROOM MENUS FOR FALL (*continued*)

Thursday

Fried Chicken Spiced Apricot
Mashed Potatoes Gravy
Buttered Broccoli
Lime Ice
Baking Powder Biscuits Jam
Cream Puffs
or
Hot Chocolate Sundae
Beverage

Friday

Broiled Fish Lemon Sauce
Creamed Potatoes Buttered New Peas
Stuffed Spiced Peach Salad Mayonnaise
Orange Rolls
Cranberry Shortcake
or
Hot Chocolate Sundae
Beverage

MENU NO II

Monday

Stuffed Green Peppers Creamed Potato
Tomato Aspic Ring Salad with Cole Slaw
Plain Rolls
Oranges Soft Custard Sauce
Beverage

Tuesday

Beef Stew Curried Rice
Beet Relish
Shredded Lettuce Salad
Raised Muffins
Apricot Whip
Beverage

Wednesday

Rice Croquettes with Cheese Sauce
Tomato Section Salad Fresh Buttered Peas
All Bran Rolls
Baked Custard
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)

Friday

Salmon and Potato Chip Casserole
Buttered Green Beans Watermelon Pickles
Citrus Fruit Salad
All Bran Twin Rolls
Strawberries Cookies
Beverage

TEA ROOM MENUS FOR FALL

MENU NO 1

Monday

Stuffed Pork Chops
Sweet Potatoes and Apples en Casserole
Buttered Cauliflower
Lettuce Hearts Thousand Island Dressing
Orange Rolls
Frozen Fruit Dessert Wafers
or
Hot Chocolate Sundae
Beverage

Tuesday

Broiled Steak Celery Curls
Whole Grain Corn Baked Tomato
Grapefruit Section Salad French Dressing
Cinnamon Rolls
Ice Box Cake
or
Hot Chocolate Sundae
Beverage

Wednesday

Breaded Veal Cutlets Orange Garnish
Parsley Buttered Potatoes Stuffed Baked Onion
Frozen Fruit Salad
Butterhorn Rolls
Poppyseed Cake
or
Hot Chocolate Sundae
Beverage

TEA ROOM MENUS FOR FALL (*continued*)

Thursday

Fried Chicken Spiced Apricot
Mashed Potatoes Gravy
Buttered Broccoli
Lime Ice
Baking Powder Biscuits Jam
Cream Puffs
or
Hot Chocolate Sundae
Beverage

Friday

Broiled Fish Lemon Sauce
Creamed Potatoes Buttered New Peas
Stuffed Spiced Peach Salad Mayonnaise
Orange Rolls
Cranberry Shortcake
or
Hot Chocolate Sundae
Beverage

MENU NO II

Monday

Stuffed Green Peppers Creamed Potato
Tomato Aspic Ring Salad with Cole Slaw
Plain Rolls
Oranges Soft Custard Sauce
Beverage

Tuesday

Beef Stew Curried Rice
Beet Relish
Shredded Lettuce Salad
Raised Muffins
Apricot Whip
Beverage

Wednesday

Rice Croquettes with Cheese Sauce
Tomato Section Salad Fresh Buttered Peas
All Bran Rolls
Baked Custard
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)

Friday

Salmon and Potato Chip Casserole
Buttered Green Beans Watermelon Pickles
Citrus Fruit Salad
All Bran Twin Rolls
Strawberries Cookies
Beverage

TEA ROOM MENUS FOR FALL

MENU NO I

Monday

Stuffed Pork Chops
Sweet Potatoes and Apples en Casserole
Buttered Cauliflower
Lettuce Hearts Thousand Island Dressing
Orange Rolls
Frozen Fruit Dessert Wafers
or
Hot Chocolate Sundae
Beverage

Tuesday

Broiled Steak Celery Curls
Whole Grain Corn Baked Tomato
Grapefruit Section Salad French Dressing
Cinnamon Rolls
Ice Box Cake
or
Hot Chocolate Sundae
Beverage

Wednesday

Breaded Veal Cutlets Orange Garnish
Parsley Buttered Potatoes Stuffed Baked Onion
Frozen Fruit Salad
Butterhorn Rolls
Poppyseed Cake
or
Hot Chocolate Sundae
Beverage

TEA ROOM MENUS FOR FALL (*continued*)

Thursday

Fried Chicken Spiced Apricot
Mashed Potatoes Gravy
Buttered Broccoli
Lime Ice
Baking Powder Biscuits Jam
Cream Puffs
or
Hot Chocolate Sundae
Beverage

Friday

Broiled Fish Lemon Sauce
Creamed Potatoes Buttered New Peas
Stuffed Spiced Peach Salad Mayonnaise
Orange Rolls
Cranberry Shortcake
or
Hot Chocolate Sundae
Beverage

MENU NO II

Monday

Stuffed Green Peppers Creamed Potato
Tomato Aspic Ring Salad with Cole Slaw
Plain Rolls
Oranges Soft Custard Sauce
Beverage

Tuesday

Beef Stew Curried Rice
Beet Relish
Shredded Lettuce Salad
Raised Muffins
Apricot Whip
Beverage

Wednesday

Rice Croquettes with Cheese Sauce
Tomato Section Salad Fresh Buttered Peas
All Bran Rolls
Baked Custard
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)

Friday

Salmon and Potato Chip Casserole
Buttered Green Beans Watermelon Pickles
Citrus Fruit Salad
All Bran Twin Rolls
Strawberries Cookies
Beverage

TEA ROOM MENUS FOR FALL

MENU NO I

Monday

Stuffed Pork Chops
Sweet Potatoes and Apples en Casserole
Buttered Cauliflower
Lettuce Hearts Thousand Island Dressing
Orange Rolls
Frozen Fruit Dessert Wafers
or
Hot Chocolate Sundae
Beverage

Tuesday

Broiled Steak Celery Curls
Whole Grain Corn Baked Tomato
Grapefruit Section Salad French Dressing
Cinnamon Rolls
Ice Box Cake
or
Hot Chocolate Sundae
Beverage

Wednesday

Breaded Veal Cutlets Orange Garnish
Parsley Buttered Potatoes Stuffed Baked Onion
Frozen Fruit Salad
Butterhorn Rolls
Poppyseed Cake
or
Hot Chocolate Sundae
Beverage

eighed or carefully calculated and will not be considered in this ook

Hospital dietaries may be classified as

1 Regular general or house These menus are for doctors nurses and a w patients They include a wide range of foods with a few restrictions for atients

2 Light or convalescent This diet is given before the patient is ready for general diet It must be easily digested high in protein and nutritive value

3 Soft The soft diet is given before the patient may be given a light diet estrictions are made for surgical and medical cases

4 Liquid A liquid diet may be adapted for either a medical or surgical ase

The following general classification of hospital diets is often used However the limitations vary with the hospital

General	Light	Soft	Medical Liquid	Surgical Liquid
ny well prepared food that is easily digested	Any food allowed on soft diet plus chicken broiled lamb or steak potatoes vegetables	Any medical liquid plus cooked cereals puddings most strained egetables baked potatoes custards rice ice cream toast egg cooked fruit	Milk in any form cream broth milk soup strained gruel eggs beaten malted milk fruit juice tea coffee sugar gelatin junket custard (sometimes)	Clear broth tea coffee gelatin fruit juice (no milk products)

Special Occasions The planning preparing and serving of meals for special occasions is usually an important part of the program of all institutional management departments in colleges, public schools and commercial food units The hospital too, being a temporary home for large groups of people, must meet the problem of providing festive meals for the holiday tide as well as that of providing special meals for various other occasions

The following menus have been formulated and successfully used for special occasions in one institution The ten points cited as basic to all menu planning would have to be given consideration before these menus could be used successfully in another institution

TEA ROOM MENUS FOR FALL (*continued*)

Thursday

French Fried Deviled Eggs   Raw Carrot Strips
Scalloped Cabbage
Apple Salad
Baking Powder Biscuits   Jam
Pumpkin Pie
Beverage

Friday

Creamed Tuna Fish in Noodle Ring
Buttered Beets
Shredded Spinach Salad   Chiffonade Dressing
Plain Rolls
Fudge Cake
Beverage

Menus for Children's Homes and Other Philanthropic Institutions The characteristic problem of the menu planning for an institution of this type is that food needs of the group often must be met at a per capita cost at or below what has been termed the irreducible minimum The group is served three meals a day The low cost foods commonly used tend to fall in a monotonous pattern unless the greatest care is taken to introduce variety and interest in every possible way The wise use of the cycle method of planning greatly lessens the heavy load of menu planning under the trying conditions often imposed on the director of food services of these institutions The type of food is the same as that included in the school lunch room menus Care must be taken to include milk fresh fruits, and vegetables in various forms to meet the needs of the growing children

The Hospital Menu The hospital menu or menus must be planned according to basic principles with food selected so as to meet the needs of its patients staff members and employees

Special food preparation will be reduced to a minimum if the general or house diet is well planned All hospital diets are normal diets that have been changed in consistency (liquid soft or light) energy value (high or low calories) or ratio of food nutrients (low carbohydrates protein or high iron) The diets with a modified ratio of constituents are the therapeutic diets They are either

weighed or carefully calculated and will not be considered in this book

Hospital dietaries may be classified as

1 Regular general or house These menus are for doctors nurses and a few patients They include a wide range of foods with a few restrictions for patients

2 Light or convalescent This diet is given before the patient is ready for a general diet It must be easily digested high in protein and nutritive value

3 Soft The soft diet is given before the patient may be given a light diet Restrictions are made for surgical and medical cases

4 Liquid A liquid diet may be adapted for either a medical or surgical case

The following general classification of hospital diets is often used However the limitations vary with the hospital

General	Light	Soft	Medical Liquid	Surgical Liquid
Any well prepared food that is easily digested	Any food allowed on soft diet plus chicken broiled lamb or steak potatoes vegetables	Any medical liquid plus cooked cereals puddings most strained vegetables baked potatoes custards rice ice cream toast egg cooked fruit	Milk in any form cream broth milk soup strained gruel eggs beaten malted milk fruit juice tea coffee sugar gelatin junket custard (sometimes)	Clear broth tea coffee gelatin fruit juice (no milk products)

Special Occasions The planning preparing and serving of meals for special occasions is usually an important part of the program of all institutional management departments in colleges public schools and commercial food units The hospital, too being a temporary home for large groups of people must meet the problem of providing festive meals for the holiday tide as well as that of providing special meals for various other occasions

The following menus have been formulated and successfully used for special occasions in one institution The ten points cited as basic to all menu planning would have to be given consideration before these menus could be used successfully in another institution

American Association of University Women

Assorted Canapes
Fried Spring Chicken
Browned New Potatoes   Asparagus Tips with Hollandaise Sauce
Creole Baked Tomato
Rhubarb Ice
Ice Box Rolls   Butter
Spring Salad   Salted Wafers
Frosted Strawberry Meringue
Coffee
Nuts   Mints

Mother Daughter Luncheon

Chilled Fruit Juice
Jellied Chicken Loaf
Shoe String Potatoes   Stuffed Tomato Salad
Hot Finger Rolls   Butter
Apricot Bavarian Cream
Coffee

Business and Professional Women's Luncheon

Bouillon
Creamed Ham with Mushrooms
on Toast Points
French Fried Egg Plant   Broiled Stuffed Tomato (small)
Celery Strips
Muffins   Butter
Graham Cracker Pie

School Board Dinner

Hot Tomato Juice   Cheese Puffs
Veal Birds
Browned Potatoes   Buttered Latticed Carrots
Jellied Vegetable Salad
Whole Wheat Rolls   Butter
Fudge Cake a la Mode

Civic Club Luncheon

Baked Virginia Ham   Mustard Sauce
Sweet Potato Croquettes   Buttered Green Beans
Cabbage Pineapple Salad
Parkerhouse Rolls
Pumpkin Pie with Whipped Cream
Coffee

Women's Panhellenic Luncheon

Lime Ice Cocktail
Chicken Turnovers   Bechamel Sauce
New Potatoes Persillade   New Peas in Drawn Butter
Pickled Peach
Cucumber Pineapple and Almond Salad
Dinner Rolls
Ice Box Cake with Whipped Cream
Coffee

High School Literary Club

Country Fried Steak   Gravy
Oven browned Potatoes   Buttered Green Beans with Pimiento Strip
Apple and Celery Salad
Pan Rolls
Lemon Chiffon Pie
Coffee

Junior Senior High School Banquet

Grape Juice Cocktail
Breaded Veal Cutlets with Orange and Celery Garnish
Creamed New Potatoes with Parsley
Buttered Fresh Asparagus
Head Lettuce   Thousand Island Dressing
Hard Rolls   Butter
Special Brick Ice Cream   White Cake
Coffee

Alumni Luncheon

Grapefruit Orange and Avocado Salad Cheese Straws
Scalloped Chicken Gravy
Shoe String Potatoes Buttered Peas
Celery Olives
Apricot Ice
Cloverleaf Rolls Butter
Individual Cherry Pie

Founders' Day Dinner

Mint Cocktail
Mock Drum Sticks with Mushrooms
Browned New Potatoes Cauliflower with Cheese Sauce
Head Lettuce Chiffonade Dressing
Finger Rolls Currant Jelly
Fresh Strawberry Sundae
Coffee

Faculty Club Dinner

Orange Cup
Roast Lamb Kentucky Lamb Sauce
Parsley Buttered Potatoes Julienne Carrots with Peas
Combination Vegetable Salad
Celery Olives
Cloverleaf Rolls
Pecan Ice Cream Balls with Caramel Sauce
Coffee

PART IV

SERVING MEALS FOR SPECIAL OCCASIONS

Wherever or whatever the occasion for which a special meal is planned there must be a temporary organization which differs in many ways from that established for the usual routine of daily food preparation For many, the organization and administration of these unusual meals are tasks to be dreaded and if possible to be avoided This attitude is often common among persons without institutional training, although it is not infrequently found among trained food directors whose busy lives seem completely occupied with necessary daily tasks

Suggestions for the organization and administration of a typical simple meal for 50 such as might be prepared by a high school class are offered here as an aid for inexperienced teachers and others who are untrained in the institutional field As will be readily seen the plan can be adjusted to meet changes in the menu or in the number served These suggestions may be helpful also to the food director in a college commons or residence hall who must assume the responsibility of special meal service in addition to an already full schedule Here the problem is somewhat different in that the preparation at least is usually assigned to experienced workers However, a temporary organization must be set up for the unusual task Usually untrained students are employed as waiters or waitresses In many situations the employment of college men as waiters is the custom

The responsibilities of the manager in charge of a special meal are as follows

1 Plan the menu and other details with representative of organization to be served

2 Determine quantity quality, and cost of food to be purchased

3 Make plans for preparation of the food

4 Make plans for serving of the food

5 Supervise the preparation and serving of the food

BANQUETS

Preliminary Procedures

Menus It is desirable that the food director, or the person acting as manager for the special meal, confer with an authorized representative of the group to be served to work out the details of the plan for the special meal Such a conference provides not only the basic facts essential to menu planning as the number to be served the price per service, and the date and time of service, but also information concerning the type of menu preferred and any items particularly desired

Duplicate copies of the menu plans should be signed and kept by the representative of the organization and the food director This confirms the agreement and may prevent a misunderstanding of details and avoid last minute changes, so often made by the thoughtless host or hostess

The recording of menu plans may be satisfactorily done on such a blank as the following

CLARK HIGH SCHOOL

		Menu
Date to be served	*Nov 11*	
Dining Room	*East*	*Swiss Steak*
Time	*6 P M*	*Scalloped Potatoes (pimento)*
Organization	*Athletic Club*	*Buttered Peas*
Plates estimated	*50*	*Olives Celery*
Plates guaranteed	*45*	*Cranberry Salad*
Price per plate	*50¢*	*Ice Box Rolls*
Number served		*Hot Chocolate Sundae*
Amount paid		
Cash		
Charge		

Representative of Organization *J B Arnold* Signed *M Bryant*

Representative of Institution *H Barber* Manager

Remarks

Quantity and Cost The next step after the menu has been planned is to determine the kind and amount of food to purchase and prepare The amount to prepare will depend largely upon the group to be served the method of preparation, the form of service and the experience of the servers

QUANTITIES OF FOOD

Menu	Materials	Amount	Unit Cost	Total Cost
Swiss Steak	Round of beef	12 lb		
	Fat	1 lb		
	Flour	2 c		
	Salt	4 T		
	Onion	1		
Scalloped Potatoes with Pimiento	Potatoes	15 lb		
	White Sauce	4 qt		
	Salt	2 T		
	Butter	4 T		
	Bread crumbs	6 oz		
	Pimiento	1 No 1 can		
Buttered Peas	Peas	8 No 2 cans or 2 No 10 cans		
	Butter	½ lb		
Celery	Celery	3 bunches		
Olives	Olives	2 qt		
Butter (for table)	Butter	1½ lb		
Rolls	Rolls	10 doz		
Cranberry Salad	Cranberries	4 lb		
	Sugar	3 lb		
	Jonathan apples	6 lb		
	Oranges	4 (No 150)		
Mayonnaise	Salad oil	1 qt		
	Eggs whole	1		
	Paprika	¼ t		
	Cayenne	f g		
	Mustard	½ T		
	Vinegar	2 T		
	Cream 40 per cent	1 pt		
Chocolate Sundae	Ice Cream	2 gal		
	Butter	½ lb		
	Powdered sugar	6 c		
	Chocolate	lb		
	Evaporated milk	1 c		

Food Preparation The following summary work sheet is adequate for the direction of personnel if the food is largely prepared by regular cooks and the other employees are familiar with the routine and practices involved This work sheet should be posted in the kitchen at least 2 days before the banquet is to be served A time interval of 2 days permits familiarity with the details by all concerned

SUMMARY WORK SHEET

Preparation				
Swiss Steak				Cook
Scalloped Potatoes with Pimiento				Cook
Buttered Peas				Cook
Ice Box Rolls				Pastry Cook
Chocolate Sauce				Pastry Cook
Cranberry Relish Salad				Salad Maid
Celery Curls				Salad Maid
Mayonnaise				Salad Maid
Cut Butter				Ellen
Send up dishes	3 30 P M			Paul
Arrange tables				John
Set up tables	4 30 P M			Eloise Irma
Food porter				John
Set up salads and relish dishes	5 30 P M			Eloise Irma
Serve plates	6 P M		Heat rolls	John
Meat		Eloise	Pass rolls	Alice
Potatoes		Irma		
Peas		Ellen		
Check plates		Miss Mayer		
Waitresses	5 45 P M			
		Edna		
		Blanche		
		Mary		
		Ann		
Clear and stack dishes (in kitchen)		Eloise	Dish desserts	Ellen
		Alice		John
		Irma		
Clean kitchen and dining room after banquet				John

The following detailed work schedule for the organization of a high school banquet has been worked out in order to serve as an example for those unfamiliar with banquet organization and who must work with inexperienced helpers

DETAILED WORK SCHEDULE

Organization Athletic Club

Number to be served 50 Date November 15

Price per place 50¢ Time 6 P M

MENU

Swiss Steak
Scalloped Potatoes with Pimiento Buttered Peas
Olives Celery Curls
Cranberry Salad
Ice Box Rolls
Vanilla Ice Cream Hot Chocolate Sauce

PREPARATION

Work	Amount	Time	Class Girl
Make raw cranberry and orange salad	1 x recipe	Day before	
Make ice box roll dough	1 / x recipe	Day before	
Make mayonnaise	1 qt	Day before	
Make hot chocolate sauce	1 x recipe	Day before	
Peel potatoes and slice	12 lb (E P)	Before 3 P M	
Prepare white sauce No I	1 gal	3 00 P M	
and scalloped potatoes	1 x recipe		
Light 2 ovens	350 F	3 15	
Pound flour into steak and cut into servings	14 to 16 lb	3 15	
Brown steak			
Shape rolls and place in pans	10 doz	3 30	
Wash lettuce for salad and crisp if necessary	5 heads		
Prepare celery curls and place in ice water	3 bunches		
Measure out olives place in refrigerator	2 qt		
Count dishes	See dish list		
Fold napkins	See dish list		
Fill salts peppers and sugars	See dish list		
Put potatoes in oven to cook		3 45	
Put steak in oven to cook		3 55	
Set tables (2 workers)	50 places	4 30	
Cut butter and place in refrigerator	1½ lb	4 30	
Prepare ice water	5 gal	4 45	
Whip cream and mix with	1 c	5 00	
mayonnaise	1 qt		

PREPARATION (*Continued*)

Work	Amount	Time	Class Girl
Put rolls in warm place if necessary to rise		5 00	
Set up salads and place	50	5 30	
Heat chocolate sauce	1 x recipe	5 00	
Open peas heat and season	2 No 10 or 8 No 2 cans	5 30	
Bake rolls		5 40	
Pour ice water		5 45	
Place relishes and butter on table		5 45	
Assemble serving utensils	See dish list	5 45	
Place food in serving counters		5 55	

Serving the Food A list including the amount and kind of linen, dishes, silver, glassware, and serving utensils should be made by the manager and given to the person responsible for the assembling of these, at least one day before they are to be used

DISH LIST—ATHLETIC CLUB BANQUET

Name	Number	Size
China		
Service plates	50	6 in
Dinner plates	54	9 in
Salad plates	50	6 in
Bread and butter plates	50	5 in
Dessert plates	50	6 in
Cups	—	
Saucers	—	
Relish dishes	6 to 8	Oval
Glassware		
Water glasses	50	
Stemmed sherbets	50	
Sugar bowls	6 to 8	
Creamers	6 to 8	
Salts and peppers	6 to 8	
Water pitchers	4	
Linen		
Table cloths	—	
Napkins	54	
Silverware		
Knives	50	
Forks	54	
Teaspoons	58	
Extra silver on trays	10 each	
Miscellaneous		
Serving fork	1	
Turner	1	
Large slotted spoons	2	
Soup spoons	2	
No 16 dipper	1	
No 12 dipper	1	
Hot pan holders	2	
Dish towels	2	

Preparation of the Dining Room Class girls or employees assisting with the food service should be given definite instructions

A mimeographed sheet of personal qualifications and detailed procedures should be given to everyone new on a job

The first step toward the service of a meal is the preparation of the room It should be thoroughly cleaned lighted, ventilated and the temperature should be regulated, if possible The tables and chairs must be placed so there will be adequate space for serving after the guests are seated Usually serving stands, conveniently placed make service faster Such provision is especially important when the distance to the kitchen is great

Arrangement of the Table[1] In order that the food may be properly served great care must be taken to follow certain accepted rules for table setting The physical set up help available or other conditions may demand some deviation from the rules given However, there is often more than one right way

1 *Silence cloth* Lay the silence cloth which is usually of felt or of quilted or double faced cotton material made for this purpose It should have a drop of about three inches Fit it over the table tightly The corners may be folded if the table is square and pinned or tied tightly beneath the table The silence cloth serves three purposes it prevents noise protects the table and improves the appearance of the table cloth

2 *Table cloth* Lay the table cloth unfolding it carefully on the table to avoid creases Place the cloth upon the table so that the center lengthwise fold comes exactly in the middle of the table and the four corners are an equal distance from the floor The cloth should extend over the table top at least a quarter of a yard at each end The table cloth should be ironed with one lengthwise fold down the center the cloth opened up and each side folded to the center crease to make 3 lengthwise creases Because of its length it is usually necessary to fold institutional linen crosswise to facilitate handling and storage

3 *Table covers, runners, centerpieces, and doilies* Lace covers and embroidered linen cloths are often used for formal luncheons Table runners, or a centerpiece and doilies, are suitable for use at breakfast

[1] Adapted from Department of Food Economics and Nutrition Practical Cookery and the Etiquette and Service of the Table Kansas State College Department of Printing 1939

and luncheon Paper doilies are often used in institutions where the linen doilies are not a part of the table appointments Rectangular doilies may be sufficiently large that a single one will provide protection for the entire cover If the doilies are small, however, it is necessary to have enough of them, of assorted sizes, to put under glasses cups and saucers, bread and butter plates, and dishes containing food In many institutions polished wood, lacquered, glass, or attractive composition table tops are used so the cover may be laid without cloth or doilies

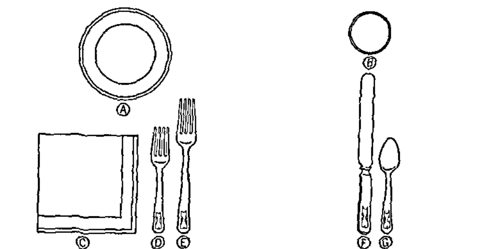


FIG XII —A cover for a simple meal

a bread and butter
b water glass
c *napkin*
d salad fork
e fork
f knife
g *spoon*

4 *The cover* The plate, silver glasses and napkin to be used by each person are called a cover Consider twenty inches of table space as the smallest permissible allowance for each cover Twenty five or thirty inches is better Arrange covers as symmetrically as possible Place all silver and dishes required for one cover as close together as possible without crowding, for the appearance of the table is much improved if the covers are compactly laid

5 *Silver* Place the silver about one inch from, and at right angles to the edge of the table If the table is round only the outside pieces can be thus arranged Place knives forks, and spoons in the order of their use, those first used on the outside with the possible exception of the dinner knife and fork which may be placed immediately to the

right and left of the plate, thus marking its position Some prefer to place the salad or dessert fork next to the plate as the menu dictates

Place the knives at the right of the plate with the cutting edge turned inward If the menu requires no knife omit it from the cover Place the spoons, bowls up, at the right of the knives Place the forks, tines up at the left of the plate The oyster and cocktail forks are exceptions to this rule Place these at the extreme right of the cover beyond the spoons

The fork may be substituted for the knife at a luncheon where no knife is needed Place it on the right side of the plate with the spoon beside it if one is used If more than one spoon is needed, the balance is better if the fork is placed to the left of the plate With two forks and a spoon it also is probably better to place the forks in the usual position

Lay the butter spreader across the upper right hand side of the bread and butter plate with the cutting edge turned toward the center of the plate It may be placed straight across the top of the plate or with the handle at a convenient angle The butter spreader is sometimes placed with the other knives at the right of the plate beyond the spoons This practice is followed chiefly in public places

Do not place the dessert silver on the table when the cover is laid except when the amount of silver required for the entire meal is small Never lay covers with more than three forks or a total of six pieces of silver If a dinner is sufficiently elaborate to require too much silver to be put on at one time, place that needed for the later courses quietly at the covers just before the course is served

If it is necessary to wash silver for use in the later courses see that it is chilled before returning it to the table Bring in the extra silver needed during the meal on a serving tray unless it is brought in with the course

6 *Service plate* Use a service plate only with a formal service The service plate is supposedly very handsome and is usually about ten inches in diameter Place the service plate at each cover when the table is laid It should be one inch from the edge of the table Place the plates containing the early courses of the meal such as fruit, oysters and soup on the service plate Never place food directly upon it Do not remove the service plate until it is exchanged for the heated plate upon which the first hot course after the soup is served

This custom of the use of the service plate has arisen because of the fact that, on formal occasions *it is considered good form never to* leave the guest without a plate before him until the table *is cleared for dessert*

7 *Napkin* Place the napkin at the left of the forks or at the *right* of the spoons, on the service plate, *or* between the knife and fork *if* the service plate is not used It should be so placed that it brings *the* embroidered initial or monogram, *if there is* one, in a legible position

8 *Glass* Place the glass at the tip of the knife or *slightly to the* right Goblets and footed tumblers are often preferred for luncheon or dinner and should be used at a formal dinner

9 *Bread and butter plate* Place the bread and butter plate at the tip of the fork or slightly to the left At formal dinners bread and butter plates are usually omitted since butter *is not served* (Some hostesses, however, prefer to have them placed on the table as a convenient receptacle for bread, olives, celery, nuts, and similar foods) At formal dinners rolls are buttered before being brought to the table so no butter spreaders are necessary

10 *Salt and pepper* Place individual salt and pepper dishes directly *in front of each cover* They should be parallel with the edge of the table and in line with the glasses Salt shakers are placed to the right If individual salt and pepper sets are not available, allow if possible one set between each two covers This provides salt and pepper for each guest so there is no necessity for passing them

11 *Nut or bonbon dishes* Place individual nut or bonbon dishes directly in front of the cover Larger dishes for nuts or bonbons are placed symmetrically upon the table, *usually allowing one dish* for each four or six guests

12 *Chairs* Place the chairs so that the front edge of each touches or is just below the edge of the table cloth The chair should be so placed with relation to the table that it need not be moved when the guest is seated

13 *Decorations* The decorations of the table should be in charge of someone not connected with the food service although it is sometimes necessary for the food director to assume this as an added responsibility Some attractive decoration should be provided for the center of the table It should be low so the view across the table will not be obstructed The decoration usually varies in elaborateness with

the formality of the meal Cut flowers should harmonize in color with the menu, appointments of the table and the room

The use of candles in the daytime is permissible only when the lighting is inadequate or the day is dark When used they should be the sole source of light Do not mix candle light and day light or candle light and electric light At formal dinners and receptions, when the room is darkened, candles often form part of the decorations They should always be placed symmetrically upon the table Candles are now commonly used without shades Tall ones in low holders are popular at present They should be high enough that the flame is not on a level with the eyes of the guests If the candles are thoroughly chilled in the ice box for several days before they are to be used there will be little dripping and they will burn longer White or ivory candles are most favored for formal occasions

Seating Arrangement Place cards should ordinarily be put upon the napkin or above the cover Menu cards or booklets containing the menu and program, are commonly used at banquets Infrequently the placing of cards is left to the food director It is extremely difficult to lay down arbitrary rules for the seating of guests since the matter is governed largely by the number and by the degree of formality of the meal The guest of honor, if a woman is usually seated at the right of the host if a man at the right of the hostess The woman *next in rank* is seated at *the left of the host At a* women s luncheon the guest of honor sits at the right of her hostess At banquets and public dinners a woman is seated at the right of her partner

SERVICE

Table Service 1 Waitresses should report to the supervisor to receive final instructions at least 15 minutes before the time set for serving the banquet

2 If the salad is to be on the table when the guests arrive it should be placed there by the waitresses not more than 15 minutes before serving time

3 Place creamers at right of sugar bowls

4 Place relishes on the table if desired

5 For small dinners the first course may be placed on the table before dinner is announced For large banquets however, it is best

to wait until the guests are seated Soups or hot canapes are always served after the guests are seated

6 Place butter on the right side of the bread and butter plate If no bread and butter plate is used and the salad is to be on the table when the guests arrive, place the butter on the side of the salad plate This is often necessary at school banquets where dishes and table space are limited

7 Pour water just before the meal is announced

8 When the guests are seated waiters or waitresses line up in the kitchen for trays containing the first course Two persons work together, one carrying the tray and the other placing the food Place the cocktail glasses, soup dishes, or canape plates on the service plates, which are already on the table

9 Place and remove all the dishes from the left with the left hand, except those containing beverages which are placed and removed from the right with the right hand

10 Serve the head table first progressing from there to the right It is preferable to have the head table the one farthest from the kitchen entrance

11 When the guests have finished the first course, waitresses line up for removing the dishes Follow the same order in removing dishes as in serving

12 The waitresses line up in front of the serving table for the dinner plates each waitress taking one plate in each hand If the salad is to be served with the dinner plate take a dinner plate in the left hand and a salad plate in the right hand When each waitress has the plates in her hands the line advances as a unit to the dining room There at a signal from the waitress at the head of the line the waitresses simultaneously place first the dinner plates in front of the guests and then the salad plates Every precaution should be taken to prevent the seemingly haphazard service that results from allowing the waitresses to serve without a line organization

13 Finish serving one table before beginning to serve another

14 Place the plate one inch from the edge of the table with the meat next to the guest

15 Place the salad plate at the right of the spoons if no beverage is served with the main course If a beverage is served with the dinner course place the salad at the left just above the napkin

16 As soon as a table has been served with dinner plates and salad, specially appointed waitresses should follow immediately with the ice, rolls, and coffee

17 At a large banquet, when serving an ice with the dinner course, carry it in on trays and place directly above the plate Two waitresses work together as for first course

18 Serve rolls at least twice Offer them at the left at a convenient height and distance

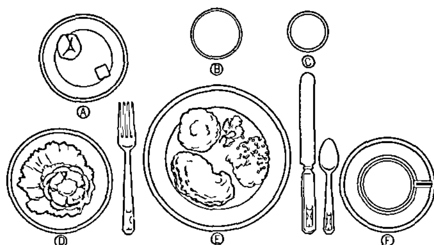


FIG XIII —The salad is placed at the left of the fork when salad and beverage are both served with the main course

a bread and butter plate
b sherbet dish
c water glass
d salad plate
e dinner plate
f cup and saucer

19 Place the coffee at the right of the spoons with the handles of the cups toward the right The coffee may be served from trays when a large number is to be served One waitress carries the tray and the other sets the filled coffee cups on saucers and places them on the table

20 Refill water glasses as often as necessary If the tables are crowded it may be necessary to remove the glasses from the table to fill them Handle the glass near the base

21 At the end of the course remove all the dishes belonging to that course Stack dishes on right hand back of the guest

22 The silver for the dessert may or may not be placed on the

table when the table is set If passed later, take in on a tray and place at the right of the plate

23 Serve desserts two at a time and in the same order that the plates were served

24 Coffee is served by waitresses who served the ice with the dinner course

25 If possible, the table should be cleared except for decorations before the program begins

26 The handling of dishes should cease before the program begins The rattling of dishes has ruined many banquets, and is an unnecessary offense to the guest

Servers Waitresses may wear black or dark dresses with dainty white aprons or light wash dresses, however, uniforms are in most cases preferable Shoes with low, or medium low, rubber heels should be worn Waiters should wear dark trousers white shirts dark ties and white coats Waiters or waitresses serving should observe the following points

1 Be immaculately clean in person and dress
2 Report promptly on duty at scheduled time
3 Be quick to see errors in table setting or service and to give help in case of accidents
4 Appear pleasant and courteous at all times
5 Step lightly move quickly, but do not show a flurried manner
6 Close doors without noise Handle dishes and silver quietly
7 Do not converse unless it is absolutely necessary
8 Be as inconspicuous as possible

Kitchen Organization Food should be served from steam tables, if these are available If there are no steam tables, the utensils containing food should be placed in hot water in order that food may be served hot Some provision must also be made for keeping plates and cups hot For serving 50 plates or less the plan should provide that one person serve meat one vegetables one, potatoes, and so on Such an arrangement for serving may be termed a set up For 60 to 100 two set ups should be provided in order to hasten service For more than 100 additional set ups should be provided

It is usually convenient to have the food placed on the steam table in the following order meat potatoes, vegetables and sauces On

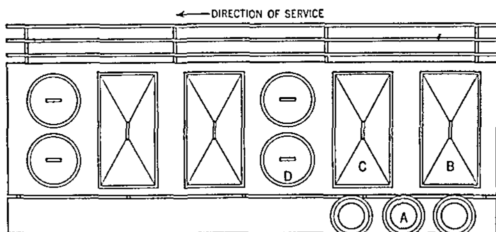


FIG XIV.—Food arranged on a steam table in the order it is to be placed on the plate facilitates service

a plates
b meat
c potatoes
d vegetable

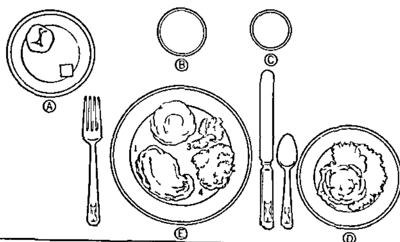


FIG XV.—The uniform arrangement of each food on the plate adds to the attractiveness of the plate when served

a bread and butter plate
b sherbet dish
c water glass
d salad
e dinner plate

1 meat
potatoes
3 garnish
4 vegetable

an adjoining table, butter, garnish, or relish is placed The food porter is responsible for the placing of food and for the service equipment

The supervisor should demonstrate the size of portions to be given and their arrangement on the plate by serving the first plate and calling attention to the points to be considered

There should be a checker at the end of the line whose responsibility it is to remove with a damp cloth any food spots from the plate to check the plate for completeness, arrangement, and uniformity of servings

Portions The importance of standardized serving can hardly be overestimated, for on this may depend the financial success or failure of a meal and the enjoyment of the guests In this matter, the old adage of the pat of butter is pertinent—if the pat is too large the management loses money, if it is too small the management loses patrons It is also true that variations in the portions from day to day must be avoided The pieces of pie or cake as served must be so nearly equivalent to those served on similar occasions as to cause no comment on the part of the patrons

There are various ways in which standard portions may be secured Perhaps the first way is by specifying the size or weight of units comprising the purchase if these are to serve as individual portions For example a purchase of oranges, size 150, affords assurance of standardized serving Meat such as veal cutlets chops, or steaks may be ordered 3, 4 or 5 to the pound, as desired, thus providing for standardized service

Many foods cannot be brought under this category because they are mixtures or combinations of various foods, or are served in a form quite different from that in which they are purchased Meat balls, croquettes, mashed potatoes pudding, cakes, and pies all illustrate this point Several different provisions are made to secure standardized portions in the foods of this group The individual portions may be determined by weight during the process of preparation as is sometimes done in the making of meat balls and croquettes The individual portions may be determined by the use of dippers of standardized size This method is commonly used for such foods as are conveniently handled by a dipper as mashed potatoes creamed and buttered vegetables and puddings

Another means of securing standardized portions applicable to

foods that take the form of the container in which they are prepared, as gelatin salads or desserts, cakes, pies, and meat loaf, is that of using pans of uniform size and controlling the cutting of the pre pared product so that the yield is uniform In the last three provisions cited the use of a standardized recipe is basic to other efforts to secure standardized portions

The exact size of a serving of food not cooked in individual por tions may be determined by this method

1 Weigh pan in which food is placed

2 Weigh finished product and subtract weight of pan to deter mine weight of food

3 Reduce weight of food to ounces

4 *Divide the weight of food by the number to be served to deter* mine weight of a serving (Make a small allowance for waste)

5 Weigh out an individual serving and measure with a dipper or other serving utensil to determine the volume of food

This method requires some time but eliminates the possibility of discovering after half the guests are served, that there is not enough food for those not yet served

COMMUNITY MEALS

The plans for organization that have been presented have pre supposed some one person to be in charge with others working under her direction either as students or employees Such is not the case with many special meals that are prepared and served by community and church organizations These meals are a responsibility which many women active in the church and community life, are asked to assume Often these women who are efficient organizers in their own homes are at a loss to know how best to proceed in the prepara tion and planning of food for a large group Detailed plans pre viously presented as necessary for the efficient working of inexperi enced class girls may be modified to fit the needs of a group of adult women who are familiar with time requirements for food prepara tion but who have had little experience in the managerial aspects of institutional meal preparation including the division of labor and the delegation of various responsibilities A necessary initial step in such planning is the assignment of definite tasks to committees A sug gested plan for such a group follows

Planning Committee
- Duties and procedure
  - Plan menu
  - Plan amounts of food to be purchased
  - Select and assemble recipes
  - Appoint following committees
    - Preparation
    - Serving
    - Cleaning
  - Furnish copies of menu and amounts to above named committees

Preparation Committee (Number determined by menu)
- Duties and procedure
  - Study menu and recipes
  - Prepare food according to work plan

Serving Committee
- Duties and procedure
  - Provide serving equipment and table appointments
  - Arrange tables
  - Lay covers and decorate tables
  - Serve food in kitchen
  - Serve food in dining room

Clean up Committee
- Duties and procedure
  - Provide space for soiled dishes
  - Scrape and stack soiled dishes and cooking utensils
  - Wash dry put away dishes and cooking utensils
  - Clean kitchen and dining room

The suggestions for the preparation of the dining room, the decorations, organization of food service in the kitchen, and serving the food given in the preceding pages may be followed, with desirable variations, in the serving of community meals

FORMAL MEALS

Dinners A formal dinner formerly consisted of at least ten courses The tendency at the present time is toward a smaller dinner with greater simplicity and perfection of detail Often only four or

[a] Adapted from Department of Food Economics and Nutrition Practical Cookery and the Etiquette and Service of the Table Kansas State College Department of Printing 1939

five courses are served There should never be more than eight courses More than this is now considered bad form The order of the courses is

1 Hors d oeuvre
2 Soup
3 Fish
4 Entree
5 Roast and vegetables
6 Salad
7 Dessert
8 Coffee alone, or with cheese service

The hors d oeuvre or appetizer may consist of oysters or clams on the half shell fruit or oyster cocktail, canape or fruit The entree may be a timbale a creamed dish, or any of the dishes described as entrees in cook books A game course may be used as an entree A frozen punch or sherbet now often accompanies the roast where formerly it was generally served as a separate course The meat for the main course is usually roasted or baked but may be prepared in any of a variety of ways

The courses for a formal dinner may, when it is advisable, be diminished by omitting either the hors d oeuvre or the soup as well as the fish and entree The menu then becomes

1 Hors d oeuvre or soup
2 Roast and vegetables
3 Salad
4 Dessert
5 Coffee

A three course menu includes the same foods but the salad or an ice is served with the meat course and the coffee is served either with the dessert or with the meat course and dessert as preferred

Luncheons The menu and service for formal luncheons resemble those for formal dinners so closely that it is unnecessary to give any detailed description As a rule, the menu is simpler and is usually somewhat as follows

1 Fruit fruit or fish cocktail, or other suitable first course
2 Soup May be omitted or used as the first course
3 Fish poultry, or meat with vegetables

4 Salad
5 Dessert
6 Coffee

The foods chosen for a luncheon are not so heavy and rich as those used in a dinner menu and special effort is made to have the food attractively arranged A bare table with doilies is generally preferred The soup is served in bouillon cups, the meat is not in the form of a roast, lobster, crab, fish fillets, chicken in patties, and similar dishes are commonly used instead Black coffee is served, as a rule, in after dinner coffee cups at the table The dessert plates may be exchanged for the finger bowl service and the coffee is placed at the right of the plate The guest removes the finger bowl with the doily and uses the plate for bonbons The order of service is the same as for the formal dinner

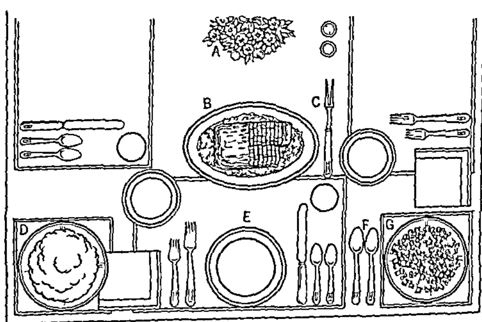


FIG XVI —A section of a table set for family service in a residence hall
a decoration
b meat
c serving fork
d potatoes
e stack of plates
f serving spoons
g vegetable

PART V

TEAS AND BUFFET MEALS

TEAS

A table set for a tea depends upon its attractive appointments for its charm The table covering the tea service, silver, and serving



Courtesy General Mills Inc

FIG XVII —The success of the tea depends largely upon the charm of a well appointed tea table

dishes should be the best available and the foods colorful, dainty, and interestingly arranged

Types of Teas Tea service may be of two types that used if tea is served in hotels or tea rooms in which the guests are seated at small tables and food is served by a waiter or waitress, that used if

tea is served in a home or public building in which a large number of guests pass by a table and serve themselves to food and silver, or it may be a combination of these two in which guests may sit or stand in the serving room and are served by waitresses or friends of the hostess

Commercial Teas Tea served in a commercial food unit is similar in service to that of any other type of meal The guests are seated at tables which have previously been set with linen and silver A menu card usually containing several tea combinations is presented by the waitress and the order is placed by the guest A more inclusive list of food may be served for such a tea, as food for only a few guests has to be prepared at one time and there is no problem involved in keeping toasted muffins hot or serving tiny baking powder biscuits as soon as baked Foods for this type of service are hot breads, including cinnamon rolls, nut rolls, small muffins, biscuits various types of waffles, plain waffles with sirup or chocolate waffles with ice cream Toasted breads as raisin, nut, cheese orange, or date, English muffins, cinnamon toast, marmalades, jellies, jams, assorted sandwiches, small cookies, cakes, ice cream and sundaes, and French pastries Added to this type of tea menu may be simple salads, usually of fruit, fish, or chicken Beverages include hot tea with various accompaniments chocolate, coffee, or iced drinks

Typical menus from commercial food services follow

HOTEL FENETTE—AFTERNOON TEA A LA CARTE

Beverages

Java Ceylon Green or Orange Pekoe Tea
Coffee Cocoa or Chocolate

Breads

Dry or Buttered Toast Toasted English Muffins
Tea Biscuits Brioche
Strawberry or Raspberry Jam
or
Orange Marmalade
or

Sandwiches

Foie Gras Chicken
Ham or Tongue
Nut Olive Lettuce

Desserts

French and Vienna Pastry
Fruit Cake Assorted Cakes
Vanilla Strawberry Chocolate or Coffee Ice Cream
Tutti Frutti Meringue Glace Parfait
Orange Raspberry Pineapple Lemon Ice
Fruit Lemonade

JAMES CARLTON—SPECIAL AFTERNOON TEA

Attractive Salad Plate with Finger Sandwiches
Ice Cream Dainty Cakes Ice or Orange Punch
Tea with Orange Lemon and Ginger or Coffee or Cocoa
Candies Salted Nuts

THE VOGUE TEA ROOM—AFTERNOON TEA À LA CARTE

Beverages

Tea—Orange Pekoe English Breakfast Oolong Coffee
Chocolate with Whipped Cream

Sandwiches

Honey Pecan
Nut Mayonnaise
Pineapple Wheel
Toasted Cheese
Cinnamon Toast
Buttered Toast
Waffles

Salads

Pear with Cheese
Marshmallow Fruit Stuffed Tomato

Cakes

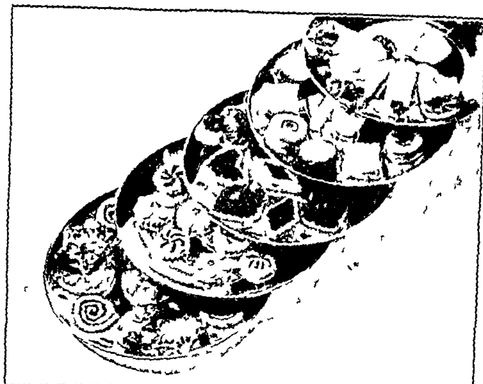
Chocolate Tea Cakes Banana Cream Layer

Informal Tea If tea is to be served to a large number of guests the tea table usually contains a complete service of food china and silver In this informal service the guests file around the tea table and help themselves Tea and coffee may both be served They are placed on either end of the table and served by friends of the hostess the guest helping herself to the accompaniments In warm weather an iced beverage may be served to replace one or both of the hot drinks The types of food usually served at a large informal tea include

Beverages

Hot Coffee Russian tea chocolate, French chocolate, spiced grape juice spiced cider or spiced tea

Iced Tea, fruit punc (plain or with sherbet)



Courtesy General Mills Inc

FIG XVIII —There is infinite variety in the open faced sandwiches that may be prepared for the tea table

Bread and Miscellaneous

Sandwiches open Assorted fancy shapes spread with desired filling and decorated

Sandwiches closed Assorted breads as nut orange banana date cheese or plain with suitable filling Rolled ribbon checkerboard pinwheel or two tone sandwiches

Miscellaneous Cheese wafers cheese traws or miniature cream puffs filled with cream cheese or chicken salad

Cakes and Cookies

Petits Fours small cup cakes macaroons kisses shortbread chocolate or date bars tiny cookies—rolled or dropped

Ice Creams Sherbets or Ices

Any desired flavor—served in individual cups in which frozen or in sherbet glasses

INFORMAL TEA MENUS

(1)

Tiny Doughnuts
Salted Cashews Assorted Hard Candies
Hot Spiced Cider

(2)

Nut Bread Sandwiches Spiced Cheese Sandwiches
Dainty Tea Cookies
Mixed Nuts *Peppermint Patties*
Tea

(3)

Assorted Sandwiches Ribbon, Rolled Banana Bread and Ginger Nut Crescents
Tiny Chocolate Cup Cakes—Fluffy Icing Ice Cream Wafers
Candied Orange Peel Salted Pecans
Spiced Tea

(4)

Swedish Tea[1]

Jul Brod Smorgåsar (Christmas Bread Sandwiches) Ost Knack Brod Cheese—Rye Krisp

Assorted Cookies[2]

Bordstabbel Bakels
Smorbakelser
Sandbakelse
Sprut Kakor[3]
Krokoner
Svenska Kringlor
Svenska Peppar Notter
Fattigman Bakelser
Svenska Peppar Kakor[3]
Karameller (Peppermint Sugar Candy)

Fyld Dadel (Dates filled with nuts)

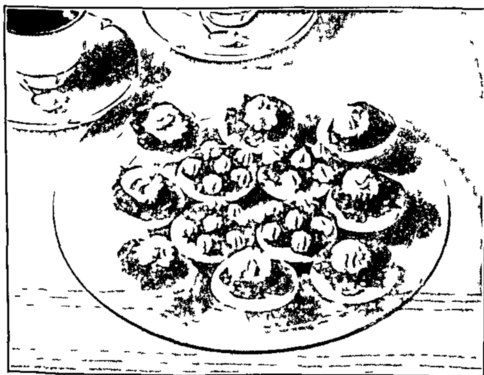
Kaffe

Formal Tea The formal type of tea service is similar to the informal except that in the formal service the guests are seated and the food is brought to them by waitresses or assistants to the hostess For a formal tea at a sorority house, members of the organization

[1] This tea menu probably provides a greater variety of cookies than would be necessary for an informal tea
[2] See index for recipes
[3] The Sprut Kakor is the same as the recipe given for Butter Tea Cookies and the Peppar Kakors may be made from the Crisp Ginger Cookie recipe

Courtesy John Morrell and Co

Fig. XX.—Variety in the cookies served may add interest to the formal tea table



Courtesy Kraft-Phenix Cheese

Fig. XXI.—Simple cheese garnishes raise crackers and jam above the commonplace level and make them worthy of a place at the tea table

serve their guests The foods for a formal tea or reception would be of the same type as that for an informal tea except that they are often more elaborate both in the preparation necessary and in the number of foods served

FORMAL TEA MENUS

(1)

Bread Sticks Two Tone Sandwiches
Little Cream Puffs Cream Cheese Filling
Green Gage Plum Ice
Trubičky[1] (Bohemian Pastry) Scotch Short Bread[2]
Peanut Crescents Cocoanut Cookies
Candied Orange Peel Spiced Almonds
Tea

(2)

Reception

Cucumber Sandwiches Orange Bread Sandwiches
Rolled Cracked Wheat Sandwiches
Chicken Salad in Cream Puff Shells Carrot and Celery Curls
Rose Tea Cakes Assorted Nuts and Mints
Fruit Punch

(3)

German Christmas Tea[3]

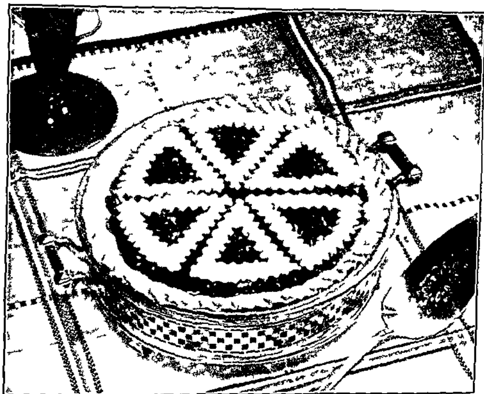
Klaben Brot Pumpernickel Cheese Sandwich
Frozen Fruit
Blitzkuchen Pfeffernuesse
Lebkuchen Sternlein
Springerle Macaroons
Chocolade mit Schlog Sahne
(Chocolate with whipped cream)
Marzipan

BUFFET SERVICE

Use Buffet suppers and luncheons are increasing in popularity as a means of serving relatively large groups of people They are characterized by an atmosphere of informality and friendliness, which extends their appeal to people in every age and occupation

[1] See index for recipe
[2] Use Swedish recipe for Smorbakelser to make Scotch Short Bread
[3] See index for recipes

before a buffet table and select the foods desired Hot foods at the buffet may be served by a hostess, by a waiter or waitress or the guest may serve himself When his plate is filled to his liking he takes his place at one of the covers prepared If table room for all is not available, each guest may be given an individual tray on which to place silver, napkin, water, glass, and the plate containing the



Cou esy John Mo ell and Co

FIG XXII —A decorated casserole dish adds to the attractiveness of the buffet table

assembled food Hot beverages and rolls are then commonly served by a waitress

Food for Buffet In planning a menu for a buffet, certain pre cautions must be observed

1 Care must be taken to keep the service as simple as possible i e to avoid foods difficult to serve or those which are soft or soupy on the plate or extra utensils as bread and butter spreader salad or cocktail forks

2 Hot dishes should include only food easily kept hot Essential equip ment for this may be large or individual casseroles or perhaps shells for deviled fish and similar food

3 Attractive garnishing is important The menu should include a few attractively decorated foods assorted salads and an assortment of relishes

4 A larger variety of food should be included than can be offered at table d hote meals



Courtesy John Morrell and Co

Fig XXIII —Individual salads arranged on a salad platter introduce a pleasing color note to the buffet table

5 The menu may be planned for men women or a mixed group depending on the group to be served

6 A salad bowl may be used for interest

7 Jelly or jam facilitates the introduction of a color note and makes a pleasing accompaniment

8 Dessert for a buffet service has no limitation except that it fit into the meal as planned

A FEW SUGGESTIONS FROM WHICH BUFFET MENUS MAY BE BUILT

Main Dishes

Shrimp Creole
Scalloped Chicken
Creamed Ham and Mushrooms
Deviled Crab
Creamed Sweetbreads and Mushrooms
Sweetbread Cutlets
Welsh Rarebit—Rice Croquettes
Chicken a la King—Rosettes
Chicken Pie
Baked Ham and Spoon Bread
Scalloped Oysters
Curried Veal—Rice
Veal Birds en Casserole
Ham and Egg Scallop
Chicken Salad
Tomato Stuffed with Crab
Casserole of Corn
Hot Stuffed Eggs
Chicken Rice Almond Casserole

Vegetables

Latticed Potatoes
Shoestring Potatoes
Sweet Potato Croquettes
Scalloped Sweet Potatoes and Apples
Scalloped Cucumber and Pimientos
Buttered Peas—Rosettes
Cut Green Beans—Hot Vegetable Sauce
Baby Limas in Butter
Shredded New Harvard Beets
Shredded Buttered Cabbage
French Fried Onions

Salads

Stuffed Tomato
Frozen Fruit
Spiced Pear and Orange
Orange and Grapefruit Sections
Stuffed Cinnamon Apple
Peach with Cheese
Pineapple—Tomato
Fruit Combinations
Fruit Gelatin
Lettuce Hearts—Roquefort Cheese

Salad Bowls

Julienne Vegetables
Cabbage and Caraway Seed
Watercress or Endive Tiny Cheese Balls
Shredded Lettuce or other Greens
Raw Cauliflower and Carrots
Celery Curls and Carrots

Desserts

Orange Cup Cakes
Meringue Shells
Lemon Chiffon Pie—Whipped Cream
Hot Chocolate Sundae
Raspberry Ice and Ice Cream with Marshmallow Sauce
Citrus Fruit Salad—Wafers
Date Pudding
Pecan Pie
Brownies
Assorted Cheese and Crackers
Fresh Fruit and Nut Bowl

BUFFET MENUS

(1)

Chicken Pie in Casseroles
Glazed Sweet Potatoes Buttered Peas—Rosettes
Grapefruit Orange Salad Caraway Cole Slaw Salad Bowl
Spiced Peach Apple Jelly
Cloverleaf Rolls

Steamed Pudding Hard Sauce
Coffee

(2)

Anchovy Canapes
Steaks with Mushroom Sauce en Casserole
Buttered Cauliflower Toasted Baked Potatoes
Tomato Stuffed with Avocado Frozen Fruit Salad
Endive Salad Bowl French Dressing
Celery Curls Olives Green Tomato Relish
Baking Powder Biscuits Blackberry Jelly

Date Pudding Whipped Cream
Coffee

(3)

Chicken a la King in Patty Shells
French Fried Potatoes Julienne Beans in Drawn Butter
Banana Ice Celery Curls and Carrot Ring Salad Bowl
Twin Half and Half Rolls Gooseberry Conserve

Citrus Fruit Salad Cheese Straws
Coffee

(4)

Scalloped Chicken Buttered Brussel Sprouts
Rice in Broth with Celery Pimiento and Green Pepper
Grapefruit Orange and Avocado Salad Spiced Pear and Cheese Salad
Cranberry Relish Raw Carrot and Cauliflower Salad Bowl
Poppyseed Rolls Jelly

Meringue Shells Ice Cream
Coffee

BUFFET MENUS (*continued*)

(5)

Ham Timbales in Individual Molds Egg and Parsley Garnish
Bechamel Sauce
French Fried Potatoes Cauliflower in Cheese Sauce
Frozen Fruit Salad Julienne Vegetable Salad Bowl
All Bran Twin Rolls Apple Jelly

Individual Chocolate Chiffon Pies
Coffee

(6)

Creamed Sweetbreads with Whole Buttered Mushrooms
Shoestring Potatoes Creole Tomato Slices
Pear Salad with Stuffed Prune Garnish Pineapple Cones
Carrot Strips Radishes Olives and Pickles
Hot Bowknot Rolls Melba Toast Cherry Conserve

Fresh Strawberry Tarts
Coffee

(7)

Fried Chicken
Stuffed Tomato Salad Celery Curls Olives
Hot Cinnamon Twists

Peppermint Ice Cream Hot Chocolate Sauce
Iced Tea

FOREIGN BUFFETS

The increased interest shown by the average American in foreign foods is indicated by recent books dealing with food habits and choice recipes of various countries, by frequent magazine articles treating various aspects of the subject, and also by the inclusion, in the bill of fare, of foreign dishes as staple offerings, in many American food services One has only to observe the frequent appearance of chow mein and hot tamale pie or chile con carne on lunch room menu cards to realize that the American taste is becoming cosmopolitan This interest may be effectively capitalized by the presentation of the delectable dishes of a given foreign land at a buffet luncheon or supper, with due consideration concerning suitable table appointments table setting, and costumes of the waiters or waitresses serving Plans for foreign buffets for such countries as Germany Sweden, and Hungary lead to the recognition that many foods are

typical of more than one country For example, spritz, a delicious cookie, is claimed by both German and Swedish people and a recipe almost identical with that given for spritz by chefs of these nations is a favorite among the Danes A herring salad, likewise claimed by the Germans as a national dish, is found to be truly international in its interest and history The maker or adapter of foreign menus need not be disturbed if a dish sponsored by a Russian or Hungarian friend proves also to be a popular and historic dish in Scandinavian countries, or if the reverse be true The possible point to be made from such an instance is the wide appeal the dish has made to varied appetites The foreign buffet affords a ready means of introducing variety and interest into meals that might tend to become routine In general plans for the use of foreign recipes are such that they need not be translated into formulae for quantity food preparation Usually, even though many people are served, there is such a wide variety of food presented that each recipe need be prepared only in the small quantity characteristic of home preparation

In the following pages there are given some discussions of the food habits of the country and buffet menus typical of certain countries, together with the recipes necessary for the successful preparation of the meal Recipes are not given for foods often used on American menus, as cream puffs or for foods ordinarily purchased ready to serve

Chinese Buffet Suppers

Americans find Chinese dishes enjoyable and unlike those of any other nation except possibly Japan Some of their dishes are difficult to adapt to American taste because of the fact that the food items necessary in their preparation are unusual others are difficult to secure and are expensive Food items desired by a Chinese cook might include Litchi nuts mushrooms dry lotus seeds, bamboo shoots, lotus roots, bean sprouts, shark fins very fine noodles rice, millet, rice flour ginger root, bean meal shell fish and other fish chicken pork chestnuts almonds and walnuts Preserved eggs, condiments and preserved fruits and ginger are frequently used Chinese sauce or soyu sometimes takes the place of salt in Chinese cookery Peanut oil is used for frying

Tea is the popular beverage and is served without cream or sugar

in small covered cups without handles A party menu usually contains several meat dishes—including chicken, fish, goose pork lobster, crab, or shrimp Each dish is said to be one course Tea may be served with each course Almond meal cookies and fruits are common desserts

The following menu is suggested for

CHINESE CHOW

Boo Loo Gai (Pineapple Chicken)
Hop Too Guy Ding (Almond Chicken)
Egg Foo Yung (Omelet)
Chow Lon Fon (Fried Rice)
Fried Shrimp

Celery Hearts
Kumquat and Ginger Preserves
Plain Boiled Rice
Soyu Sauce
Litchi Nuts

Almond Cakes (Gum Loo)
Fruit Fresh and Candied
Jasmine Tea

Recipes for the dishes included follow

PINEAPPLE CHICKEN (Boo Loo Gai)

Cut a young chicken as for fried chicken season with Soyu Sauce salt and sugar and let stand one hour Drain dredge with flour and brown in hot fat Add a little hot water and simmer until tender Add 1 small can of diced pineapple and 1 t Soyu Sauce Thicken liquid with flour and serve as soon as flour is cooked Garnish with parsley

ALMOND CHICKEN (Hop Too Guy Ding)

Fry 2 c shredded onions 2 c shredded water chestnuts and 2 c shredded celery until slightly browned then add chicken broth or white stock to cover and cook until vegetables are tender Add one young chicken that has been cut into cubes and cooked in peanut oil (or vegetable oil) Thicken liquid with a little cornstarch and water mixed Add 1 T Soyu Sauce and place in a hot casserole Add 1 c toasted almonds just before serving

OMELET (Foo Yung)

Beat 12 eggs and add 1 c bamboo shoots ½ c shredded water chestnuts 2 T chopped green onions 1 c cooked pork or chicken cut into fine strips and 1 T Soyu Sauce Mix all together lightly and fry as an omelet in hot peanut oil or ham fat When omelets are cooked pour off fat Add ½ c broth 1 T cornstarch and 1 T Soyu Sauce mixed and cooked 2 minutes Serve as soon as the omelets have absorbed a little of the gravy

CHOW LON FON (Fried Rice)

2 c cooked rice	1 onion shredded
12 oz ham finely cubed	½ c cooked mushrooms
3 eggs	1 c chicken stock
½ green pepper shredded	

Fry the rice in peanut oil until it is evenly browned Fry the ham, onion mushrooms and green pepper for a few minutes Add a little cold water and cook slowly 15 minutes Season with salt and Soyu Sauce Add rice which has been mixed with beaten eggs Add hot chicken stock and cook a few minutes Garnish with chopped parsley

FRIED SHRIMP

Fry shrimp in hot peanut oil until brown Place shrimp and shredded green pepper in a flat pan add hot chicken broth and cook a few minutes Season with Soyu Sauce and serve

ALMOND CAKES (Gum Loo)

1 c flour	1 egg beaten
¾ c powdered sugar	3 T vegetable oil
¼ c almonds chopped	

Mix dry ingredients Add oil and then the beaten egg Mold into small balls brush with egg garnish with a whole almond and bake in a moderate oven

LITCHI NUTS have a characteristic flavor and may be purchased dried or canned

Hungarian Buffet Suppers

Knowledge of Hungarian cookery is for many people restricted to the more or less enthusiastic acceptance of Hungarian goulash a dish said to be the savory ancestor of all stews Historically goulash has an honorable record in that for more than 1000 years it has brought gastronomic delight to the peoples now called Hungarian It exemplifies a common practice in Hungarian cookery that of cooking meats such as pork and beef with vegetables

The vegetables in common use are similar to those in the American dietary and include beets, red and white cabbage, sauerkraut, carrots cauliflower kale kohlrabi peppers, and lettuce The popular fruits include apples apricots cherries melons peaches pears and bananas The large role of cereals in the diet is shown by the appearance of noodles and bread dumplings in many menus along with rye breads and fancy rolls

Cheese is used freely in cooked dishes and in its natural state, and on the other hand butter is used sparingly and then unsalted Sour cream is widely used both as a garnish and as an ingredient in cooking Its use with paprika is regarded by many as the characterizing feature of a Hungarian dish so popular are both with these people Paprika, although popular, is only one of the numerous condiments used, as the Hungarians are fond of spicy foods

HUNGARIAN BUFFET

Paprika Chicken
Stuffed Hubbard Squash   Asparagus in Sour Cream
Poppyseed Horseshoes   Sweet Butter
Cheese Cake   Fresh Fruit
Tea with Lemon

Recipes for the dishes included follow

PAPRIKA CHICKEN

Cut chicken as for frying salt and let stand 2 hours Slice 2 large onions and fry in hot fat until light brown Dredge each piece of chicken in flour and brown in the fat When brown add the yolks of 2 eggs mixed with 1 c of sour cream sprinkle with 1 T of paprika a little salt and pepper and let simmer until the chicken is tender

STUFFED SQUASH

Select 12 uniform acorn squashes and cut each into halves and remove seeds Steam until almost tender then place in a flat pan Place a No 12 dipper of the following mixture in each half 2½ qt steamed rice 2 lb chopped cooked veal 1 small onion minced and fried in ¼ c of butter Pour around the squash the following liquid 1½ qt stock 2 oz of flour and 4 oz butter made into a sauce Sprinkle with chopped parsley Baste and bake for half an hour Add sour cream before serving if desired

BAKED ASPARAGUS

Partially cook asparagus tips and pour over them a sauce made of butter water flour and salt in the same proportions as White Sauce No 1 Add thick sour cream and sprinkle with bread crumbs Bake approximately 25 minutes in a moderate oven

FILLED POPPYSEED ROLLS

Use the recipe for Kolaches and follow the general directions for making crescents Spread dough with the following mixture before rolling 2 c water and 2 c of sugar cooked to a thick sirup and 1 c of finely ground poppy seed and 1 grated lemon rind added Brush the horseshoes with beaten egg yolks

Swedish Buffet Suppers

Sweden is famous for its Smorgasbord, or hors d oeuvres, which is an ancient tradition and an important accompaniment to all Swedish dinners The hors d oeuvres for a family of moderate means are grouped in the center of a long table laid with a spotless white linen



Courtesy General Mills Inc

Fig XXIV—Swedish Smorgasbord The buffet table may have added interest because it presents interesting dishes and table arrangements characteristic of other lands

table cloth plates, and silver The guests are seated at the table and the hors d oeuvres are passed and eaten just before a regular meal of two or more courses is served A maid removes the dishes from the first course Typical food for the family hors d oeuvres might include Meats—cold spiced tongue smoked venison smoked salmon (sliced), fish in aspic jelly anchovies herring served in 2 ways, large shrimps with Thousand Island dressing, parsley, and dried beef Vegetables—radishes sliced tomatoes salads (2 or more kinds), and a scalloped dish Bread—rye bread white bread baked in ornamental shapes Cheese—served in a big piece on a cheese plate with a cheese knife

Hors d oeuvres for a family of more wealth, or for a hotel, would be arranged on a separate table as for a buffet supper Each guest would help himself and then take his place at the dining table

The service by waitresses or waiters would be much the same as for the less elaborate meal described above The food would be of greater variety including 20 to 125 articles—rye krisp, butter curls 6 to 7 kinds of cheese, very small Swedish meat balls fried in deep fat a hot scalloped dish of fish or vegetable, pickled onions, pickled beets or cucumbers, vegetable salads—similar to our own, a bowl of mayonnaise, jellies and marmalades A regular 3 or 4 course dinner is served after the hors d oeuvres are eaten

The use of colorful foods or decorations is an outstanding feature of the Swedish table Candles are not used for decorations except for banquets Flowers are always used and often two or more bouquets are placed on the table, if long

A Swedish buffet supper suitable for service in this country is planned to include only the Smorgasbord and the dessert omitting what the Swedish diner would regard as the main part of the meal A typical menu for such a buffet supper follows

SMÖRGÅSBORD

Kottbullar
(Meat Balls)

Skalaperad Potatis
(Scalloped Potatoes)

Sil Salat
(Herring Salad)

Grona Bonor Mad Champinjoner
(Green Beans and Mushrooms)

Canapes
(Canapes)

Sur Ost
(Cottage Cheese)

Svenska Salat
(Swedish Salad)

Fyldaagg Mad Parsilja
(Stuffed Egg—Parsley Garnish)

Ost
(Assorted Cheese)

Inlagd Sill
(Pickled Herring)

Skuren Kall Tyngs
(Sliced Cold Spiced Tongue)

Rodbettor
(Pickled Beets)

Sliced Tomatoes

Rattikor
(Radishes)

Knacke Brod
(Rye Krisp)

Ost Kaka Mad Vin Saft Sås
(Cheese Pudding with Thickened Grape Juice)

Karameller
(Sugar Candy)

Kaffee
(Coffee)

BORDSTABBEL BAKELS (Lumberpile Cookies)

½ c butter	1¼ c flour
1 c light brown sugar	½ t soda
1 egg	¼ t salt
½ t vanilla	½ c chopped nutmeats

Cream butter and sugar Add well beaten egg and vanilla Add flour sifted with soda and salt then nutmeats dredged in portion of flour Mold dough Let stand in refrigerator over night Cut into strips 3 inches by 1 inch When done cover with White Mountain frosting and sprinkle with chopped almonds caraway seed or candies Pile like lumber on serving plates Bake in a moderate oven

SANDBAKELSE (Sand Tarts)

1 lb butter	1 c white sugar
pinch of salt	1 T cream or milk
½ t baking powder	2 eggs
5 c flour (about)	3 T almond extract

Cream butter and sugar Add eggs Blend well add extract then flour Press into small picture tins or put through cooky press Chopped almonds may be added to dough if picture tins are used Turn out of tins at once after baking or they will stick

JUL BROD (Yule Bread)

1 qt milk	1 t salt
2 T flour	1 c sugar
1 cake of yeast	2 T butter

Add flour to make a soft dough
Roll out round and add filling

8 bitter almonds	1 c raisins
15 cardamon seeds (ground)	½ c citron (fine)
2 T butter	¼ c orange peel
½ c sugar	

Mix and add to dough Fold let rise and bake

SMORBAKELSER (Butter Cookies)

1 c butter (sweet)
1 c powdered sugar
2 c flour

Mix and pat out in 2 10 inch baking tins Bake in a moderate oven approximately 20 to 30 min Cut as soon as removed from oven

SVENSKA KRINGLOR (Swedish Kringle)

1 c butter	3½ c flour or enough to make soft dough
1¼ c brown sugar	2 T baking powder
½ c milk	1 T cinnamon
2 eggs	

Sift dry ingredients Cream butter and sugar Add egg yolks and flour and milk alternately Fold in beaten whites Bake as drop cookies

SVENSKA PEPPAR NOTTER (Swedish Peppernuts)

The oldest of all the cakes we know today are the peppernuts They were in popular use long before the 11th century

4 eggs	1 t cardamon (ground)
2 c sugar	½ c nuts
1 c butter	½ c raisins
1 t cinnamon	4 c flour (bread)
1 t cloves	1 t soda
1 t pepper	2 T hot water

Drop on cookie sheet and bake in a hot oven

FATTIGMAN BAKELS (Poorman s Crullers)

2 eggs	f g cardamon
2 T sugar	3 T heavy sweet cream
⅛ t salt	1¾ c flour (or less)

Beat eggs until light add sugar salt spice and continue beating Add cream and enough flour to make a soft dough Turn out on floured board *roll very thin Cut into diamond shapes* Slash opposite ends Pull end through slit or cut in star shapes Fry in deep fat Drain on heavy paper Dust with sugar

CANAPÉS

Place lettuce cups filled with salad on thin slices of bread spread with butter Salad 1 diced boiled potato 2 diced apples ½ c green peas 1 stalk celery diced 1 T chopped pickle ½ c each of cucumber and chicken cut into strips and mixed carefully with mayonnaise Garnish with a small tomato section

SWEDISH SALAD BOWL

1 can of pineapple (size 2½)	1 stalk celery
1 tart apple	5 tomatoes
lettuce	½ cucumber

Cut the pineapple and tomato into wedges dice the apple and celery cut the cucumber en julienne Mix with pineapple dressing just before serving and add shredded lettuce leaves

Pineapple Dressing

Mix 2 raw egg yolks with the juice drained from the can of pineapple stir constantly and cook over a low heat until thick Cool then add 1 mashed cold hard cooked egg yolk that has been mixed with ¼ t mustard and 3 T of vinegar Fold in 2 c whipped cream

Serve salad in a salad bowl Yield approx 10 servings

OST KAKA (Cheese Pudding)

2 gal milk	6 eggs
2 c flour	1½ qt cream coffee
½ cake of cheese rennet (purchased from drug store)	½ c sugar

Heat the milk until lukewarm and stir into it the flour that has been smoothed to a paste Add the cheese rennet that has been dissolved in 2 T of water Stir well and let stand As soon as the milk has set stir gently to separate the curds and whey Let stand a few minutes then pour off whey or use a strainer to remove curds (The curds should be quite moist) Place curds in two medium sized casseroles and pour over them a custard mixture made from the eggs cream and sugar Sprinkle nutmeg over the top Bake and test as a plain custard Serve warm with strawberry jam or grape juice thickened to the consistency of thick cream

KOTTBULLAR (Meat Balls)

1 lb beef loin	3 4 egg yolks
8 oz veal	3 T onion chopped
8 oz pork	2 T salt
½ c bread crumbs dry ground	½ t pepper
1 c cream	⅛ t allspice
½ c soda water dilute	1 c butter

Pass the meat through a meat grinder 3 times or more if a coarse grinder is used Add the bread crumbs which have been soaked in the cream Add soda water and egg yolks mix well and shape into small balls Fry the onion in butter but do not brown add the meat balls and fry using a low heat Fry in deep fat Shake the pan occasionally to keep the balls in shape Place balls in casserole and pour over them the fat in which they were cooked Garnish with a border of fried onions

KROKONER

¼ c sugar	1 egg
1 c butter	1 c milk
4 t baking powder	f g salt
flour to make a roll dough	1 t vanilla (or ½ t vanilla and ½ t almond)

Roll dough and cut into strips 5 inches long and 1½ inches wide Bake over semicircular tins 12 inches long so that cookies form a semicircle when baked Ice with orange icing and decorate with tiny colored candies

German Buffet Supper

German people show a decided preference for heavy food that is *food containing much fat and starch They also use many sauces and* gravies Many foods are seasoned with vinegar and often sugar is added With the exception of some typical dishes German food is very similar to our own Many kinds of sausages, sauerkraut with dumplings and spareribs, beef with sour sauce, noodles, and rye bread with caraway seed are typical German foods The following menu is characteristic of the feast food popular with the German people for New Year s parties and similar festive occasions

NEUJAHRS ABEND SCHENKTISCH
or
(*A German New Year s Eve Buffet*)

Hasenpfeffer mit Spaetzle
(Sour Rabbit with Noodles)

Kartoffel Puffe
(Potato Pancakes)

Linsens
(Lentils)

Sauerkraut mit Apfeln
(Sauerkraut with Apples)

Haring Salat
(Herring Salad)

Green Bean and Onion Salad Bowl

Cucumber and Peach Pickles

Platter Pickled Herring Cold Tongue
Ham Goose Liver Smoked Salmon
and Cervelat (Sausage)

Caraway Rye Bread

Vienna Rolls

Milchbrotchen
(Milk rolls with caraway seeds)

Crullers

Zwieback Kaese Kuchen
(Cheese Cake)

HASENPFEFFER (Sour Rabbit)

Cut the rabbit into pieces and cover with water to which has been added 1 c of vinegar a bay leaf a sliced onion a few cloves peppercorns and salt Let stand over night Remove rabbit from liquid dredge in flour and brown in fat Add a little sugar and few slices of lemon and some of liquid in which rabbit was soaked Let simmer until tender Mix flour with about 4 T of heavy cream and thicken liquid Serve with noodles or mashed potatoes

HARING SALAT (Herring Salad)

Chop or cube 5 or 6 salt herring that have been soaked and washed add an equal volume of cubed roast veal 3 chopped dill pickles 1 lb chopped beets chopped apples 8 or 9 cubed boiled potatoes 6 or 8 cubed hard cooked eggs 1 bottle of capers 2 c chopped celery 1 medium onion (optional), salt pepper and vinegar to taste and ½ c olive oil Mix lightly Garnish with hard-cooked eggs and tiny fish (Sardellen)

BLITZKUCHEN

8 oz butter	8 oz flour cake
8 oz sugar	4 eggs
4 oz (E P) almonds	Rind of 1 lemon

Cream butter and sugar until very creamy Add eggs one at a time then the grated rind of one lemon and the flour Spread very thin in oiled pan Cut blanched almonds very thin Mix with sugar and cinnamon and sprinkle over the batter Bake in a quick oven Cut into squares and remove from pan as soon as taken from oven

KARTOFFEL PUFFE (Potato Pancakes)

Grate 6 large potatoes add 1 t salt 3 eggs and ½ c flour Mix well Fry as ordinary pancakes Cut round steak into small pieces and dredge with flour Fry until brown Add 3 to 4 large onions and brown with the steak Then add water and let simmer as it boils down add a little more water until onions are done Thicken with flour and serve with pancakes Note Do not use iodized salt

SOUR CREAM DRESSING (For Green Bean Salad)

Mix 1 c thick sour cream 2 T vinegar and chopped chives or onions Add sugar salt and pepper to taste

LEBKUCHEN

8 c sifted flour
½ t soda
1½ t cinnamon
¼ t cloves
¼ t nutmeg
1⅓ c strained honey (1 lb)
2 c almonds (blanched and shredded)
2 c brown sugar
2 eggs slightly beaten
1½ c candied orange peel shredded (6 oz)
1½ c candied citron

Sift flour once, measure Add soda and spices and sift together 3 times Boil honey sugar, and water 5 minutes Cool add flour mixture eggs fruits and nuts Work into loaf and place in refrigerator Let ripen 2 or 3 days Roll on slightly floured board to ¼ in thickness Cut in strips 1 in x 3 in Bake on greased baking sheet in moderate oven (350° F) 15 minutes When cool cover with Transparent Icing Lebkuchen should ripen in a covered cake box at least 5 days before using Place raw apple in box for moisture Yield 10 dozen Lebkuchen

TRANSPARENT ICING (for Lebkuchen)

2 c confectioner s sugar
3 T boiling water
1 t vanilla

Combine sugar and water Add vanilla Beat thoroughly Drop from tea spoon on Lebkuchen Makes enough to cover 10 dozen cookies

STÖLLEN

2 cakes compressed yeast
2 c flour
1 c warm water
1 c scalded and cooled milk
1 T sugar

Set sponge with 2 c sifted flour Cream ¾ c sugar 4 T butter Add to first mixture Let rise once Add

1 lb currants
1 lb dark raisins
1 lb white raisins
1 c blanched almonds chopped
1 t cinnamon
¼ t cloves
Grated rind of 2 lemons
½ lb chopped citron
1 pkg each lemon and orange peel chopped
¼ lb cherries
1 t lemon
1 t vanilla
1 t almond
4 drops rose water
½ t cardamon seed ground or pounded to fine powder (Shell using only the inner seeds)

Work into dough add 2 c more flour ¼ lb melted butter Knead well Keep warm 3 hours Let rise Yield approx 3 small loaves

SPRINGERLE

4 eggs	Grated rind of 1 lemon
1 lb powdered sugar sifted	1 t baking powder (scant)
1 lb flour	1/4 t salt
6 t anise seed pounded	Hartshorn about 1 t

Beat the yolks of the eggs until light colored and thick beat whites until dry then beat together add very gradually grated lemon rind and sugar Beat all the time Last add the flour with the baking powder and salt All the flour may not be required Knead and cover closely let chill two or three hours then roll a small piece at a time into a sheet 1/8 in thick With a very close sieve dust the sheet of dough lightly with flour then press the wooden springerle mold very hard upon the dough so as to leave a perfect impress of the pictures upon the dough Cut out the little squares with a knife and set aside on a board lightly floured over night In the morning transfer to baking tins buttered and sprinkled with anise seed and bake in a slow oven until a light straw color These little cakes are quite universally made in Germany a few weeks before Christmas and Easter

PFEFFERNUESSE

1 lb sugar	1/2 T cloves
1 lb flour	1/2 T mace
Grated rind of one lemon	1/2 T nutmeg
1/2 c fine chopped citron	2 t baking powder
1 T cinnamon	5 eggs

Sift together flour sugar spices and baking powder Add the citron and lemon rind and mix to a dough with the beaten whole eggs Shape into small balls the size of a hickory nut Drop on waxed or buttered paper an inch apart Bake in a quick oven to a delicate brown These much resemble macaroons

ZWIEBACK KAESE KUCHEN (Zwieback Cheese Cake)

1 1/2 pkg zwieback	1 t cinnamon
1 c sugar	4 oz butter

Grind the zwieback add the sugar and cinnamon Take out 1 c of the mixture to sprinkle on top of the cake To the remainder add the melted butter Line a cake pan with the mixture both sides and bottom Pour cooled filling into this smooth with spoon and sprinkle remaining cup of crumbs over top Dust with cinnamon and bake 1 hr in a slow oven

FILLING

5 eggs	1 pt cream
1 c sugar	1 1/2 T flour
1 pt dry cottage cheese	1 t lemon extract

Beat the eggs well add the sugar cottage cheese cream and flour Cook in a double boiler until thick like custard Cool thoroughly Add lemon extract

STERNLEIN (Almond Cakes)

1 lb sugar sifted 8 egg whites beaten stiff 1 T cinnamon	Stir with large motion for one hour

Put aside 6 T of above for frosting and to remainder add 1 lb almond meats—blanched and grated Mix well and roll 1/8 to 1/4 inch thick on board dusted with 1/2 flour and 1/2 sugar Cut into star and moon shapes frost with egg mixture bake on buttered tins in moderate oven Store in tightly sealed tins Bake several days or a week before using

TRUBIČKY (Bohemian Pastry)

1/2 c butter	3 eggs
3/4 c sugar	Vanilla
2 c flour (or more)	Salt

Mix the butter sugar and flour as for pie dough Add beaten eggs vanilla and salt Knead Roll out as cookie dough and cut into strips 8 in long and 1 in wide Wrap on well oiled sticks (wrap two strips on each stick) Brush with egg and cover with chopped nuts and sugar Place sticks across a baking pan and bake in a hot oven Turn as soon as dough starts to bake

Specifications for Pastry Sticks Round hardwood 12 inches long 1/2 inch in diameter and 1 inch flattened on either end

MARZIPAN (German Christmas Candy)

1 lb ground almonds or almond paste
1 lb powdered sugar
Moisten and knead with 2 egg whites (may add more)
1 t vanilla
1 t rose extract or rose water

Shape in roll and mold in fancy shapes Color with vegetable color, cocoa or cinnamon

Italian Buffet Supper

Travelers in Italy fortunate enough to secure the food characteristic of the country and not merely an Americanized or Anglicized version, such as might prevail in the large hotels are usually delighted with the number of leafy vegetables that appear in the diet and the interesting forms in which these are included Romaine spinach endive, and mustard are common favorites Further variety is secured by the wide use of broccoli, cauliflower squash artichoke and egg plant Irish potatoes play a negligible role in the diet appearing only occasionally Cereals and cereal products, particularly

farina, spaghetti and macaroni in long slithery coils dry beans, peas and lentils are more widely used than in the cookery of many other lands White bread hard and crusty, is well liked Meat is used sparingly Its chief purpose, it seems is to enhance the flavor and give character to a dish rather than to be the main ingredient Fish and the cheeses characteristic of the land Parmesan Gorgonzola, and Bel Paese, play a major part in supplying the protein necessary for adequate nutrition Both the menus and the cookery processes employed in Italy are more simple than those in France Fruit, or cheese, appears as the dessert more frequently than does any made dessert or pastry There seems little interest in dishes that present a wide variety of diversified ingredients or in the embellishment of dishes with elaborate sauces or whipped creams Seasonings finding almost daily use in Italian food preparation include mushrooms, tomato sauce, garlic onions peppers olive oil used for deep fat frying and nuts especially chestnuts hazel nuts pistachio nuts, and walnuts

The term buffet in Italy is used only for cold foods A service not unlike the buffet of other lands is called Pranzo Italiano, hence this term is used to designate the Italian meal which follows

PRANZO ITALIANO

Antipasto

Ravioli Gnocchi

Pomodori con Rimpieno Zucchini Imburrati

(Stuffed Baked Tomato) (Buttered Squash)

Insalatiera di Cicorea

(Chicory Salad Bowl)

Condimento di olio con aglio e menta

(Oil Dressing with Garlic and Mint Sprigs)

Insalata di Cavolfiore

(Cauliflower Salad)

Gressini

(Bread Sticks)

Formaggio Permigiano e Gorgonzola

(Parmesan and Gorgonzola Cheese)

Uve e Banano

(Grapes and Bananas)

Caffe Chianti

RAVIOLI

Dough

4 c flour
2 whole eggs
1 egg yolk
2 T oil
Salt
Water to make a stiff dough

Roll out ½ of dough thin as for noodles Brush over with beaten egg Place portions of meat filling on the dough 1½ inches apart Cover with the remaining portion of the dough that has been rolled thin Cut dough into squares with meat in the middle of each square press down the dough at the edges with a fork Drop into hot stock or salted water and cook approximately 20 minutes or until dough becomes transparent Remove to hot casserole add sauce and sprinkle with grated Parmesan cheese Place in oven a few minutes

Filling

3 c veal cooked ground
1 c chicken or pork cooked and ground
½ c spinach cooked drained
¾ c cheese
2 eggs
Salt pepper

Mix well

Sauce Stock is thickened to use for sauce or tomato sauce may be used

GNOCCHI

1 qt milk
1 c farina
2 eggs
1 t salt
2 T butter

Cook in double boiler as farina for cereal until well cooked and thick Remove from stove and add well beaten eggs Pour into a flat pan to a depth of ½ inch When cold cut into small squares and place in an oiled baking dish Cover tops of squares with cream and sprinkle with Gruyere cheese Place another layer on top and repeat until the dish is full Place in oven until thoroughly heated and browned

STUFFED BAKED TOMATOES

Remove the centers from 12 large tomatoes Mince 4 chicken livers ¾ c mushrooms and 1 onion and fry in ¼ c butter Add 4 egg yolks and 2 c of bread crumbs mixed and use to stuff the tomatoes Bake about 30 min in a moderate oven

ANTIPASTO

Arrange in the center of a large tray tiny anchovy canapés garnished with green pepper In a circle around the canapes arrange overlapping thin slices of salami Arrange stuffed eggs around the salami and stuffed olives around the eggs Garnish with tiny celery hearts

INSALATA DI CAVOLFIORE (Cauliflower Salad)

Cook the cauliflower and separate into flowerets Marinate and arrange on a salad platter garnished with endive Place a green pepper ring over each floweret and ripe olives between each floweret

A Suggested Menu for a Feast of the Nations Buffet

Caviar Canapes (Norwegian)
Singapore Curry (Malayan)
Rusks (Danish) Kolaches (Bohemian)
Spiced Peaches and Watermelon Pickle (German)
Tomato Preserves (Spanish) Orange Marmalade (English)
Edam Cheese (Dutch)
Assorted Fresh Fruit (Italian)
Petite Choux a la Creme[1] (French)
Coffee (Swedish)
Russian Tea[1]
Punch aux Fruits (West Indies)

SINGAPORE CURRY (Malayan)

Wash and cook rice When tender wash with hot water add a little cocoa nut and place in a casserole Prepare French fried onions and highly curried veal Slice tomatoes Cut bananas and sliced pineapple into wedges Serve the rice in the center of each plate curried veal on top of the rice French fried onions on top of veal and continue the mound adding in turn the tomatoes bananas pineapple shredded cocoanut roasted peanuts and pepper relish A well served plate will be nicely rounded and self garnished

A fruit cup or a piece of melon is suitable to serve as a dessert with Singa pore Curry

[1] See index for recipe

KOLACHES (Kolace Bohemian)

Scald one pint of milk, let cool until lukewarm Dissolve 1½ cakes com pressed yeast in ¼ c lukewarm water to which has been added 1 t sugar Let stand while the milk cools Add dissolved yeast to the cooled milk and make a sponge Let rise until light

Cream together 1 c sugar and 1 c butter Add 3 egg yolks and 2 whole eggs well beaten 2 t salt Put in the sponge and mix well Add flour enough to handle well Let dough rise until light and roll out to ½ inch thickness Cut with biscuit cutter Make a depression in the center and fill Let rise and bake in a quick oven Yield about 4 dozen

Fillings (1) Stewed prunes mixed with sugar and cinnamon and sprinkled with cocoanut or chopped nuts
(2) ½ stewed apricot with sugar and nutmeg for each roll
(3) Poppyseed mixed with sugar and milk

Variations

Poppyseed Doughnuts Roll dough cut with a doughnut cutter, and place two together with Kolach filling Fry in deep fat and roll in powdered sugar

Crescent Rolls Roll dough and cut with a crescent cutter brush with beaten egg and sprinkle with poppyseed

INDEX